

# express

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## Tuesday



HASAN SARBAKHSHIAN/AP

Roxana Saberi's parents wait for her release.

**Journalist Freed:** Iran releases jailed American | **9**

**Fragging in Iraq:** Soldier kills 5 in attack at base | **10**

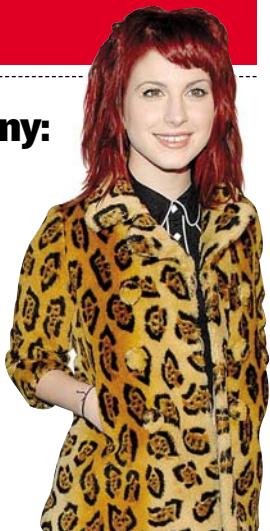
**Pedal Perks:** How employers are welcoming their bikers | **FIT**

### lookout

#### In Harmony:

Paramore makes peace on its next record. Plus, 'American Idol's' final three.

>> **30-39**



## Atlantis Embarks on Final Hubble Mission



**RISKY BUSINESS:** The Space Shuttle Atlantis rumbles off the launch pad at Kennedy Space Center in Florida Monday for a final repair mission to the Hubble Space Telescope. A proliferation of space junk at Hubble's altitude makes the mission riskier than most. ♦ **New heights:** Hubble's last hurrah | **Page 8**

## U.S. Fires Afghanistan General

Obama pushes for new strategy as war quickly worsens

**WASHINGTON** | President Obama fired the top U.S. general in Afghanistan on Monday, replacing him with a former special forces commander in a quest for a more agile, unconventional approach in a war that has gone quickly downhill.

With the Taliban resurgent, Obama's switch from Gen. David McKiernan to Lt. Gen. Stanley McChrystal suggests the new commander in chief wants major changes in

addition to the additional troops he's ordering into Afghanistan.

McKiernan, on the job for less than a year, has repeatedly pressed for more forces. Although Obama has approved more than 21,000 additional troops this year, he has warned that the war will not be won by military means.

A new team of commanders will now be charged with applying Obama's revamped

strategy for challenging an increasingly brutal and resourceful insurgency.

The strategy, still a work in progress, relies on the kind of special forces and counterinsurgency tactics McChrystal knows well, as well as nonmilitary approaches to confronting the Taliban. It would link success in the seven-year-old war to political and other conditions across the border in Pakistan.

He is a former special forces chief credited with nabbing one of the most-wanted fugitives in Iraq, Abu Musab al-Zarqawi. (AP)

IS THE HUBBLE TELESCOPE WORTH THE BILLIONS NASA HAS SPENT ON IT? **A** YES **B** NO

VOTE AT [EXPRESSNIGHTOUT.COM](http://EXPRESSNIGHTOUT.COM) OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S RESULTS, SEE PAGE 36

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TUESDAY  
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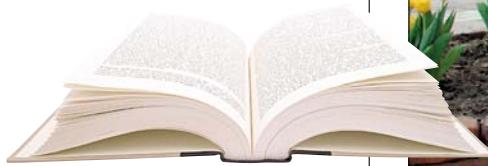
WEDNESDAY  
74° 57°

# eyeopeners

## IMPULSES

## Man Does What We've All Wanted to

A La Crescent, Wis., driver has been cited after a pedestrian said he nudged her twice with his vehicle for walking too slowly. The man, 81, was cited Thursday for hit-and-run causing injury. The 54-year-old woman says she was walking in the parking lot of a movie theater on a Friday last month. She says the man's car approached from behind and bumped into her thigh twice. She was bruised but not seriously hurt. (AP)



## THEFT

## Va. Library Decides Not to Prosecute

Jimmy Carter was in the White House when Sarah McKee borrowed a book from a Virginia library. Now, the book is back after McKee mailed it to the Arlington County Library with an apology note and a check for \$25. She checked out "The Patriot Chiefs" by Alvin M. Josephy on March 16, 1978. McKee says the book somehow got mixed in with her own collection. (AP)

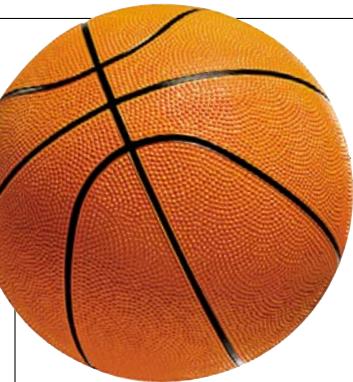


CHARLIE NEIBERGALL/AP

## FASHION

## Spring's Hottest Plus-Sized Footwear

Ann Trout of Memphis, Tenn., shows off some major clogs at Pella, Iowa's 74th Annual Tulip Time Festival on Thursday. Pella is a faux Dutch village, complete with windmill. (Oddly, the boyhood home of Wyatt Earp shares real estate with this ersatz Netherlands.) At the tulip fest, dressing up as an old-timer Dutchperson is encouraged, although giant shoes are optional. (AP)



## GESTURES

## Hubble Would Be Proud, Baffled

The space shuttle Atlantis is carrying a pair of basketballs on its repair mission to the Hubble Space Telescope. One of the balls belongs to the Harlem Globetrotters; it was deflated to save room inside the shuttle. The other is a century-old ball on loan from the University of Chicago that was once handled by Edwin Hubble, the man the Hubble Telescope is named after. Astronaut John Grunsfeld, an alumnus who's serving as the chief telescope repairman, is taking it up. (AP)

## TEENAGERS

**"I heard some of the kids saying they were going to see how many they could stick in the elevator."**

— JILL YOUNG, DANCE CHAPERONE FOR SACRAMENTO, CALIF.'S MIRA LOMA HIGH. STUDENTS DECIDED TO CRAM INTO AN ELEVATOR AS A PROM-NIGHT PRANK, THEN GOT STUCK FOR MORE THAN AN HOUR.

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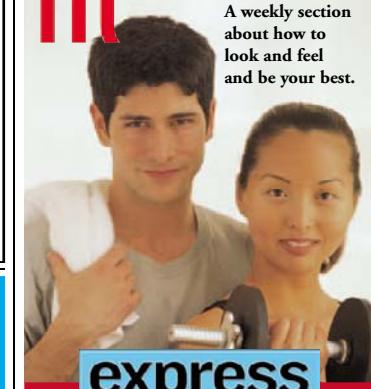
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XX170 2x1

XX174 1x3

# Nation

## Crist May Announce Senate Bid

Fla. GOP chairman says governor will reveal plans Tuesday

TALLAHASSEE, FLA. | Florida Gov. Charlie Crist is expected to announce Tuesday that he is set-

ting his sights on a U.S. Senate seat, a move that could help his chances in a possible presidential bid and give the strug- gling Republi-

can Party a top tier candidate in a competitive race.

Crist's announcement has been anticipated since shortly after Republican Sen. Mel Martinez said in December he wouldn't seek a second term in 2010. Crist would be the favorite to win the seat.

Republican Party of Florida Chairman Jim Greer said Crist will make his plans known Tues- day. Crist would be a top prize for the National Republican Senatorial Committee, which has been scrambling for viable candidates in swing states such as Florida.

BRENDAN FARRINGTON (AP)



Crist

## Nation's Red Ink Creeps Upward

White House projects deficit will likely hit \$1.3 trillion this year

WASHINGTON | The government will have to borrow nearly 50 cents for every dollar it spends this year, exploding the record federal deficit past \$1.8 trillion under new White House estimates.

Budget office figures released Monday would add \$89 billion to the 2009 red ink — increasing it to more than four times last year's all-time high as the govern- ment hands out billions more than expected to people who have lost jobs and takes in less tax revenue from people and companies making less money.

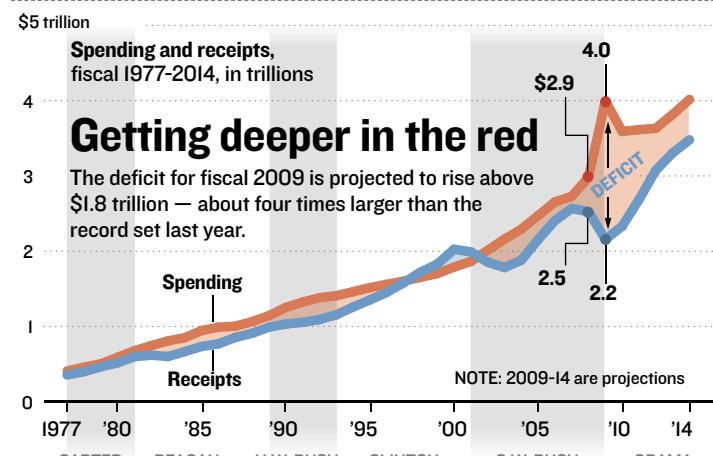
The unprecedented deficit figures flow from the deep recession, the Wall Street bailout and the cost of President Barack Obama's economic stimulus bill — as well as a seemingly embedded structural imbalance between what the government spends and what it takes in.

As the economy performs worse than expected, the deficit for the



GETTY IMAGES/ALEX WONG

The White House is putting the finishing touches on President Obama's \$3.6 trillion budget plan for 2010. The nation is facing an unprecedented deficit in 2010.



2010 budget year beginning in October will worsen by \$87 billion to \$1.3 trillion, the White House says. The deterioration reflects lower tax revenues and higher costs for bank failures, unemployment benefits and food stamps.

Just a few days ago, Obama touted an administration plan to cut \$17 billion in wasteful or duplicative programs from the budget next year. The erosion in the deficit announced Monday is five times the size of those savings.

For the current year, the government would borrow 46 cents for every dollar it takes to run the government under the administration's plan. In 2010, it would borrow 35 cents for every dollar spent.

"The deficits ... are driven in large part by the economic crisis inherited by this administration," budget director Peter Orszag wrote in a blog entry on Monday.

The developments come as the White House completes the official release of its \$3.6 trillion budget for 2010, adding detail to some of its tax proposals and ideas for producing health care savings.

ANDREW TAYLOR (AP)



**STAMPS Peel 'em and Weep** The post office wants two more pennies for your thoughts. The price of a first-class stamp for mailing a letter climbed to 44 cents Monday, though folks who planned ahead and stocked up on Forever stamps escaped the rate increase. It's the third straight year rates have gone up in May under a new system that allows annual increases as long as they don't exceed the rate of inflation for the year before. Postal officials estimate the increase will cost the average household \$3 per year. (AP)

# Allergies?

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# Nation

## Alleged Nazi Taken for Deportation

Officials in Germany expect man to arrive in country Tuesday

CLEVELAND, OHIO | Suspected Nazi death camp guard John Demjanjuk was taken from his home by ambulance Monday and driven to a U.S. immigration office as agents prepared to deport him to Germany.

Flanked by a motorcade of several unmarked vehicles, the ambulance was waved down a ramp that leads to the basement of Cleveland's downtown federal building. Security guards swung the gate closed at the bottom of



An ambulance carrying John Demjanjuk leaves his home Monday in Seven Hills, Ohio. Demjanjuk is wanted in Germany for allegedly serving as a Nazi camp guard.

the ramp as soon as the motorcade entered.

The 89-year-old Demjanjuk is wanted on a Munich arrest war-



Demjanjuk  
-----  
M.R. KROPOK (AP)

rant that accuses him of 29,000 counts of accessory to murder as a guard at the Sobibor death camp in Nazi-occupied Poland.

U.S. Immigration and Customs Enforcement spokesman Khaalid Walls said he did not immediately have any information on Demjanjuk's status. Demjanjuk's son and an attorney who represents Dem-

janjuk in the U.S. didn't immediately return messages left by The Associated Press after the ambulance arrived.

Demjanjuk denies Germany's accusations. He says he was held by the Germans as a Soviet prisoner of war and was never a camp guard. Demjanjuk's family also says he shouldn't be deported, because he is in poor health and might not survive the trans-Atlantic journey.

A German Justice Ministry spokesman, Ulrich Staudigl, said Demjanjuk was expected to be in Germany by Tuesday.

Once in Germany, Demjanjuk will be brought before a judge and formally charged. He will also be given the opportunity to make a statement to the court.

M.R. KROPOK (AP)



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# Project Targets Frog-Killing Fungus

Scientists fear fungus could wipe out many of world's amphibians

**WASHINGTON** | Researchers are heading to Central America to develop ways to fight a fungus blamed for the extinction of dozens of frog and amphibian species around the world.

The Smithsonian Institution is leading the Amphibian Rescue and Conservation Project announced Monday. It includes six other zoos and institutes.

Scientists say the chytrid fungus threatens to wipe out a third of the approximately 6,000 known



A White's Tree Frog perches on the hand of biologist Matt Evans at the National Zoo in Washington Monday. Frog species are in danger from the spread of a fungus.

JACQUELYN MARTIN/AP

**122**

The number of amphibian species that are believed to have gone extinct because of the chytrid fungus that is sweeping the globe.

amphibian species. Already, conservationists say 122 amphibian species are believed to have gone extinct in the last 30 years, primarily because of the fungus.

The fungus is found in dozens of countries, including the U.S.

Scientists will study healthy frogs in Panama to see if their natural bacteria can be used to build resistance to the fungus.

BRETT ZONGKER (AP)

## FAA Turns Down Request for Navy Flight Over NYC

**NEW YORK** | The Federal Aviation Administration said it turned down a U.S. Navy request to fly a patrol aircraft past Manhattan on Monday, two weeks after a government photo shoot caused a brief panic near ground zero.

A Navy unit from Brunswick, Maine, wanted to fly a P-3 Orion reconnaissance plane up and down the Hudson at about 3,000 feet, well above New York's tallest skyscrapers, the FAA said. After city officials were informed and higher-level FAA officials learned about the request, they declined permission for the flight. (AP)

## Historian Romila Thapar, recipient of the 2008 Kluge Prize, will lecture on Perceptions of the Past in Early India



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## Nation



JOHN RAOUX/AP  
Photographers track shuttle Atlantis Monday as it launches from Kennedy Space Center in Cape Canaveral, Fla. Atlantis will reach the Hubble telescope Wednesday.

## Atlantis Embarks On Hubble Mission

Astronauts to repair telescope in series of risky spacewalks

CAPE CANAVERAL, FLA. | Space shuttle Atlantis and a crew of seven thundered away Monday on one last flight to the Hubble Space Telescope, setting off on a daring repair mission that NASA hopes will lift the celebrated observatory to new scientific heights.

Atlantis rose from its seaside pad about 2 p.m. and arced out over the Atlantic, ducking through clouds. The Hubble was directly overhead, 350 miles up.

For the first time ever, another shuttle was on a nearby launch pad, primed for a rescue mission if one is needed because of a debris strike.

This is NASA's fifth and final trip to Hubble, launched 19 years ago. The stakes, as well as the dangers, are higher since astronauts last visited in 2002. Space has

become more littered with junk at Hubble's altitude because of satellite collisions and breakups, and NASA now knows all too well how much damage can be done at

**For the first time,  
another shuttle  
was placed near  
the shuttle launch  
site in case a res-  
cue was needed.**

liftoff by a piece of fuel-tank foam. Columbia was brought down by such a blow.

Two spacewalking teams will replace the 19-year-old Hubble's batteries and gyroscopes, install two new cameras and take a crack at fixing two broken science instruments, something never before attempted. Those instruments, loaded with bolts and fasteners, were not designed to be tinkered with in space. MARCIA DUNN (AP)

**2.25**

**THE NEW COST**, in dollars, for a subway ride in New York City. The city's mass transit agency approved the 25-cent fare increase on Monday. (AP)

# Journalist Wins Freedom in Iran

In about face, court releases American charged with spying

TEHRAN, IRAN | An American journalist imprisoned on espionage charges in Iran for four months was freed Monday and reunited with her smiling, tearful parents — a move that clears a major obstacle to President Obama's attempts at

**Her father said the trial lasted only 15 minutes and her lawyer was not given time to defend her.**

dialogue with the top U.S. adversary in the Middle East.

The United States had said the charges against Roxana Saberi, a 32-year-old dual Iranian-American citizen, were baseless and repeatedly demanded her release.

Hard-line President Mahmoud Ahmadinejad could also win some

domestic political points a month before he faces a re-election challenge from reformers who seek to ease Iran's bitter rivalry with the United States.

The release ends an ordeal for Saberi, who was convicted and sentenced in a secret session by a security court. Her father said the trial lasted only 15 minutes and her lawyer was not given time to defend her.

Saberi's Iranian-born father, Reza Saberi, wiped away tears, then flashed a broad smile as he and his wife, Akiko, arrived at Tehran's Evin prison — notorious for holding political prisoners — to meet their daughter.

"I'm very happy that she is free. Roxana is in good condition," Reza Saberi said later at his family home in Tehran. "We had expected her release but not so soon."

The younger Saberi, who was taken out of Evin through a back door away from journalists, was not seen after her release. She was staying with her parents at a friend's home, apparently to avoid publicity before leaving Iran. (AP)



Reza Saberi and his wife Akiko, parents of U.S.-Iranian journalist Roxana Saberi, celebrate their daughter's release on Monday. She was imprisoned for four months.

## INTERNATIONAL OUTRAGE

During her imprisonment, an activist movement built around Saberi's plight, drawing protests around the world. Among them:

**10,669**

people signed a Facebook petition demanding Saberi's release. The drive was organized by the Committee to Protect Journalists.

**400**

people joined Saberi in hunger strikes organized by Freeroxana.net, and more were expected to begin hunger strikes this week.



## Saberi's Story: A Reporter Convicted of Espionage

**ROXANA SABERI**, who was crowned Miss North Dakota in 1997, moved to Iran six years ago and had worked as a freelance journalist for organizations including National Public Radio and the British Broadcasting Corp.

When she was first arrested, authorities accused Saberi of working without proper journalism credentials. But when she was put on trial in mid-April by a closed-door security court, she was convicted on much harsher charges of spying for the United States. She was jailed in Evin prison, where many political prisoners are held.

Her release came when an appeals court reduced her eight-year prison sentence to a two-year suspended sentence, said Iranian judiciary spokesman Ali Reza Jamshidi. After the decision, he said Saberi was free to leave Iran.

The court ordered the reduction as a gesture of "Islamic mercy" because she had cooperated with authorities and had expressed regret, he said. (AP)

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## World

# U.S. Soldier Kills 5 Comrades in Iraq

Incident on military base highlights stress felt during the war

BAGHDAD | An American soldier opened fire at a counseling center on a military base Monday, killing five fellow soldiers before being taken into custody, the U.S. command and Pentagon officials said.

Although it was unclear what prompted the shooting, the incident draws attention to the issue of combat stress and morale after six years of war as the mission of the 130,000-strong force transforms to one of training and mentoring Iraqis.

Attacks on fellow soldiers, known as fraggings, were not uncommon during the Vietnam war but are believed to be rare in Iraq and Afghanistan.

A brief U.S. statement said the assailant was taken into custody following the 2 p.m. shooting at Camp Liberty, a sprawling U.S. base on the western edge of Baghdad near the city's international airport.

#### PREVIOUS ATTACKS

Previous fraggings in Iraq:

→ **Last September**, Sgt. Joseph Bozicevich, 39, of Minneapolis was detained after allegedly killing two members of his unit south of Baghdad.

→ **In April 2005**, Army Sgt. Hasan Akbar was sentenced to death for killing two officers in Kuwait just before the 2003 invasion of Iraq.

→ **In 2007**, Spc. Chris Rolan, an Army medic, was sentenced to 33 years in prison for killing a fellow soldier after a night of heavy drinking.

→ **In 2008**, Army Cpl. Timothy Ayers was sentenced to two years and four months in prison after pleading guilty to involuntary manslaughter in the fatal 2007 shooting of his platoon sergeant.

The statement said nobody else was hurt, but a senior defense official in Washington said three people were wounded.

The names of the victims and shooter were not released.

ROBERT H. REID (AP)

#### CHINA | QUAKE ANNIVERSARY



**REMAINS:** Former residents of Beichuan, China, look at the damage from last year's deadly quake on Monday. About 70,000 died from the May 12 temblor.

NG HAN GUAN/AP

# A Tense Israel Trip for Pope

Pontiff reaches out to Holocaust victims in visit to Jerusalem

JERUSALEM | Pope Benedict XVI confronted the dark history of his native Germany on the first day of his visit to Israel on Monday, shaking the hands of six Holocaust survivors and saying victims of the genocide "lost their lives, but they will never lose their names."

Benedict's attempts to ease tensions with Jews after his recent decision to lift the excommunication of a Holocaust-denying bishop appeared to enjoy only partial success. The top two officials at Israel's Holocaust memorial faulted the pope for not apologizing nor using the words "murder" or "Nazis" during a speech at the site.



Pope Benedict XVI rekindles the eternal flame at Yad Vashem on Monday.

Still, the pope has seldom been as emotional as he was Monday when he laid a wreath and rekindled the "eternal flame" at the Yad Vashem Holocaust memo-

## FOUNDATION OF FRICTION

The pope did not make any progress on a key issue dividing Israel and the Vatican:

→ Israel and the Vatican are at odds over the legacy of World War II pontiff Pius XII, a candidate for sainthood who Jews believe did not do enough to halt the genocide.

rial in Jerusalem. His voice and hands quivering, the 82-year-old pontiff said the cry of the victims "still echoes in our hearts."

"I can only imagine the joyful expectation of their parents as they anxiously awaited the birth of their children. What name shall we give this child? What is to become of him or her? Who could have imagined that they would be condemned to such a deplorable fate." (AP)

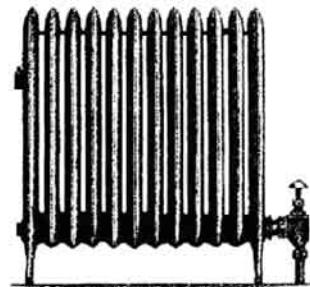
## BRAZIL | FLOOD VICTIMS AWAIT AID



ANTONIO CRUZ/AP/GTY IMAGES

**SUBMERGED:** A resident of Trizidela do Vale gestures for help Monday as officials intensified their efforts to distribute aid to flood victims in northern Brazil. At least 40 have died and 300,000 were left homeless by the flooding.

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## World

### In Brief



The United Nations said that 360,600 Pakistanis have fled the Swat Valley.

#### MARDAN, PAKISTAN Officials Say Airstrike Kills 700 Insurgents

Pakistani warplanes bombed suspected militant positions in a stronghold close to the capital Monday, pressing ahead with a fierce offensive that has driven hundreds of thousands from their homes, many into crowded refugee camps. The government claimed 700 insurgents had died and the Taliban were on the run. Meanwhile, the United Nations said 360,600 refugees had fled Swat and neighboring Dir and Buner districts since operations began last week. (AP)

#### KABUL U.S.: Militants Are Using Phosphorus as Weapon

The U.S. accused Afghan militants Monday of using white phosphorus as a weapon in "reprehensible" attacks on U.S. forces and in civilian areas. The accusation comes two months after an 8-year-old Afghan girl was wounded by white phosphorus in a battle between militants and NATO troops. (AP)

#### TBLISI, GEORGIA Opposition Party Nixes Power-Sharing Offer

Georgia's opposition vowed on Monday to take protests nationwide after refusing a power-sharing offer from the president, who they say must resign. A meeting between Mikhail Saakashvili and four of his most outspoken opponents ended in stalemate and the opposition promised to escalate the monthlong standoff. (AP)



U.S. General Services Administration

# Money



KEYSTONE/JANEZIAN/AP FILE

Traffic backs up on the Santa Monica Freeway in Los Angeles on July 3, 2008. Only 42 percent of Americans plan to take a trip this summer, according to a poll.

## Poll: Fewer Trips Planned This Year

Americans opting out of summer travel in uncertain economy

**NEW YORK** | The number of vacationing Americans will be down this summer, according to a new AP-GfK Poll, and a third of Americans surveyed said they have already canceled at least one trip this year because of financial concerns.

Overall, the survey found only 42 percent of Americans plan a leisure trip this summer, down from the 49 percent who said they planned to take a summer trip in an AP-Ipsos poll conducted in May 2005.

Not surprisingly, the less money you make, the less likely you are to take a vacation. More than two-thirds of those in the \$100,000-plus bracket will take some type of leisure trip this summer, compared to 48 percent of those earn-

**42**

The percentage of Americans who say they plan to take some kind of vacation this summer, down from 49 percent in an AP-Ipsos poll taken in 2005.

ing \$50,000-\$100,000 and just one-third of those with family incomes under \$50,000.

In terms of destinations, 12 percent of those planning a trip said they would stay in their home state, 67 percent will go to another state and 19 percent will travel outside the U.S. The poll also found that 20 percent of those planning a trip will stay closer to home this year.

Despite the downturn, travel bargains are tempting a small number of people to take bigger and better trips. Seven percent of all Americans and 18 percent of those earning more than \$100,000 said they would take more elaborate trips than usual because of lower prices. BETH J. HARPAZ (AP)



**SOFTWARE** **Hasta la Vista, Techie** Microsoft says the next version of Windows will go on sale in time for the 2009 holiday shopping season. Windows 7 will replace the often-maligned Microsoft Vista operating system. (AP)

## Healthy Volunteers Needed

The National Institutes of Health (NIH) is seeking Healthy Volunteers to compare to individuals we have studied with a sleep disorder (called narcolepsy).

You may be eligible if:

- You are between 18 and 55 years of age.
- You are a non-smoker.
- You are not taking any prescription medications.
- You are premenopausal and not taking any hormonal contraceptives.
- You are able to stay at the NIH Clinical Center for one week.

If you fit one of the following descriptions, YOU may be one of the people we are looking for:

1. Male, Black, non-Hispanic, age 53 to 57, BMI 27.3-29.3
2. Male, White, non-Hispanic, age 38 to 42, BMI 26.3-28.3
3. Male, White, non-Hispanic, age 47 to 51, BMI 38.6-40.6
4. Female, White, non-Hispanic, age 42 to 46, BMI 31.2-33.2
5. Female, White, non-Hispanic, age 44 to 48, BMI 32.9-34.9

(BMI = Body Mass Index, the ratio of weight to height. Many website calculators are available.)

Study is conducted at the NIH Clinical Center in Bethesda, MD.  
Compensation is provided.

Please call 301-451-0146 and let us know which number you match to be considered for participation.

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## Money

# AIG Sells Building In Japan for \$1.2B

Company is working to repay government for billions in loans

CHARLOTTE, N.C. | Embattled insurer American International Group Inc. said Monday it is selling its Japanese headquarters to Nippon Life Insurance Co. for \$1.2 billion in cash.

The transaction, which is among the biggest divestitures New York-based AIG has made to reimburse the U.S. government for its massive infusion of aid, is expected to close in the second quarter.

The 35-year-old building is 15 stories and sits on prime real estate in central Tokyo, next to the Imperial Palace.

The U.S. government provided AIG with an \$85 billion loan in September. As market conditions worsened and losses piled up at the insurer, the government revised and expanded its loan package to AIG several times. The package of loans now totals nearly \$180 billion after being expanded



American International Group has sold its headquarters in Japan, seen above.

in March, when AIG reported a fourth-quarter loss of \$61.7 billion, the largest ever quarterly corporate loss in U.S. history.

Since its initial cash infusion, AIG has been working toward repaying part of the government loan by selling off business units.

IEVA M. AUGSTUMS (AP)

## GM Won't Rule Out Leaving Detroit

DETROIT | General Motors Corp.'s chief left the door open Monday to the automaker moving its corporate headquarters out of Detroit, prompting concern by some lawmakers and clarification by the automaker.

GM Chief Executive Fritz Henderson said during a conference call to update the company's restructuring efforts that it's looking at everything within its business. But he cautioned such an option isn't "queued up at the top of the list" and the company is proud to be headquartered in the city.

GM said in a follow-up statement it's too early to speculate about the effect of corporate



GM CEO Fritz Henderson is trying to keep the automaker from bankruptcy.

restructuring on such facilities.

Sen. Carl Levin, D-Mich., said he's been assured by a GM official there are no such plans. Levin said the official told him "they are looking at a lot of things and this is not one of them." (AP)

# Local

# Fenty: Walk This Way, D.C.

Pedestrian safety plan emphasizes planning, penalties, education

D.C. Mayor Adrian M. Fenty on Monday released the final version of the city's plan to improve pedestrian safety.

The primary goals are to reduce the number of people hit by cars, and to make walking a way of life again by making it easier and safer to do.

The master plan challenges a century of car culture. It infuses city planning with the concept that pedestrians have as much right to the streets as motorists. The plan includes recommendations that raise consciousness on safety issues. But it also sets guidelines for engineers to follow as they design street and sidewalk projects.



Trucks stop for a pedestrian in the crosswalk at Brentwood Road and 13th Street NE. A push button on the corner starts a strobe light warning system for drivers.

These are among the many safety recommendations to D.C. agencies and organizations:

- Ensure all transportation and real estate development projects include safe and convenient pedestrian facilities.
- Construct new sidewalks where missing on streets in D.C.

→ Improve pedestrian access and safety at uncontrolled crossings and intersections.

→ Increase penalties for motorists for infractions that impact pedestrian safety.

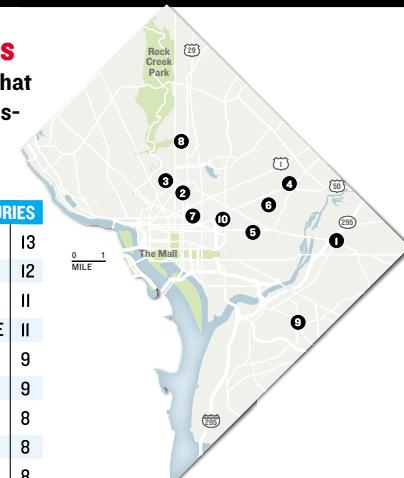
→ Teach people the rules of the road and the benefits of walking.

ROBERT THOMSON/TWP

## D.C.'S WORST CROSSWALKS

Here are the 10 intersections that were most dangerous for pedestrians, ranked by number of injuries, from 2004 to 2006.

LOCATION	INJURIES
1 Benning Road and Minn Ave. NE	13
2 14th and U streets NW	12
3 18th Street and Columbia Road NW	11
4 Bladensburg Road and New York Ave. NE	11
5 Eighth and H streets NE	9
6 Mount Olivet Road and West Va. Ave. NE	9
7 12th Street and Penn. Ave. NW	8
8 14th Street and Spring Road NW	8
9 25th Street and Good Hope Road SE	8
10 North Capitol and K streets	8



## THE BRENTWOOD CROSSWALK

The crosswalk, set up more than a year ago, is quite visible. What makes the setup unusual is that on either side of Brentwood Road, a walker can hit a button that sets amber lights flashing as a warning to motorists. Pedestrians waiting to cross see these instructions:

- 1 Push button to alert motorist.
- 2 Wait for vehicles to stop.
- 3 Cross carefully.
- 4 Thank the driver.



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<http://patientinfo.nimh.nih.gov> or for other studies: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)

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## Local

# Metro Installs 20 Cameras

### Extra surveillance added to help security outside of rail stations

WASHINGTON | Metro says it has installed 20 security cameras outside a dozen rail stations in Washington and Fairfax County.

Officials say transit police identified stations where having exterior surveillance cameras could help improve safety. They say police looked at crime statistics



and other factors in making recommendations.

The sites include the Rhode Island Avenue-Brentwood, Congress Heights, Deanwood, Minnesota Avenue, Fort Totten, Takoma, Brookland, Columbia Heights, Georgia Avenue-Petworth, Tenleytown, Vienna and Franconia-Springfield stations.

The District of Columbia provided \$200,000 for the project, while Fairfax County gave \$75,000. (AP)

## The Lotteries

Monday, May 11

### DISTRICT

Mid-day Lucky Numbers	<b>1-9-9</b>
Evening Lucky Numbers (Sun.)	<b>2-2-8</b>
Mid-day DC 4	<b>2-2-2-2</b>
Evening DC 4 (Sun.)	<b>4-3-8-1</b>

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Daily 6 (Sun.) **1-9-19-27-34-37 (29)**

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Mid-day Pick 3	<b>6-7-0</b>
Evening Pick 3 (Sun.)	<b>8-2-1</b>
Mid-day Pick 4	<b>4-6-8-9</b>
Evening Pick 4 (Sun.)	<b>5-5-4-1</b>
Mid-day Cash 5 (Sun.)	<b>6-10-13-15-32</b>
Evening Cash 5 (Sun.)	<b>8-10-13-21-24</b>

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# Local

## Kaine: Va. Revenues Below April Forecasts

RICHMOND, VA. | State revenues for April are well short of even their scaled-back forecasts and Gov. Timothy M. Kaine is telling state agency chiefs to tighten spending more than they have.

Kaine said Monday that state general fund receipts could be about \$150 million below the state's budgeted general fund target of about \$14.6 billion for fiscal year 2009.

The governor did not prescribe specific cuts, nor did he dictate a percentage of agency budgets that must be pared as he has already done three times since the current budget took effect last July.

"I'm telling them they have to be austere," Kaine told reporters.

But unless the state's revenues brighten substantially in the final two months of the fiscal year, specific cuts will be ordered once more.

Based on early reports, a broad-based decrease in the most vital state revenue sources will drive state tax collections down to about 8.5 percent to 8.8 percent below their 2008 levels.

BOB LEWIS (AP)



Kaine

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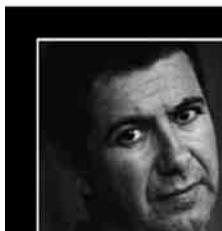
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Department of Health and Human Services  
National Institutes of Health  
NIH Clinical Center

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Patients should be:

- Ages 18-50
- Not currently depressed
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- Otherwise medically healthy

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**The National Institute of Mental Health**  
National Institutes of Health, Department of Health & Human Services



04-M-0160/04-M-0002

# Sports

# Haynesworth's Titanic Transition

Redskins new star works with coaches to maximize his role

**REDSKINS** | After spending his first seven NFL seasons with the Tennessee Titans, defensive tackle Albert Haynesworth, who joined the Washington Redskins in February, now faces the biggest adjustment of his career and it's one he says could take a while.

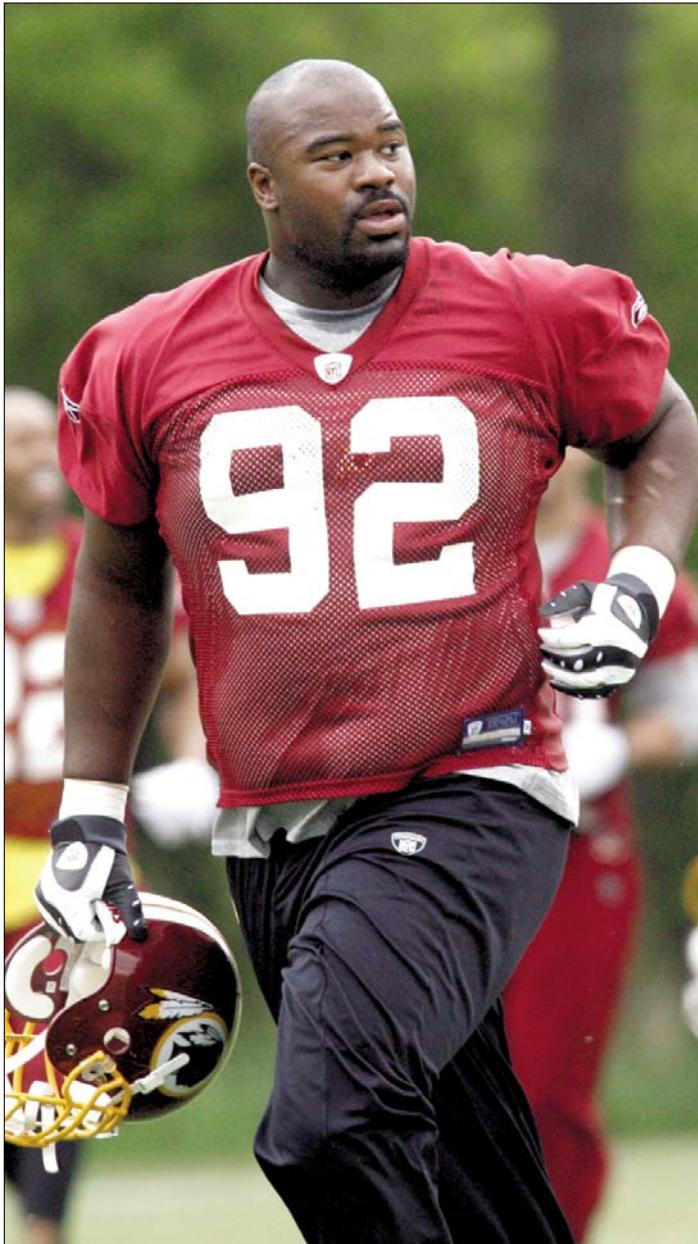
"It's just a matter of getting comfortable with everything we do" defensively, Haynesworth said recently. "The guys are all great

**He made many plays going after the ball, and that's what he plans to do with the Redskins.**

guys, everyone has been cool, I just have to get used to doing some things a different way. When you've always done everything a certain way, when that's the only way you've known, then it is a little different. But I'm not worried about it."

In hopes of helping smooth Haynesworth's transition, defensive coordinator Greg Blache has signaled his willingness to modify the disciplined scheme the team has used the last five seasons to let Haynesworth be, well, Haynesworth. The Redskins' 4-3 defense is structured to stop the run foremost. Defensive tackles are assigned to maintain their run-gap responsibilities while taking on blockers in an effort to help linebackers make big plays.

But Haynesworth did not play the role of a "space eater" with the Titans. He made many plays going after the ball, and that's



JOEL RICHARDSON/TWP

While he's been criticized in the past for poor practice habits, Redskins star DT Albert Haynesworth is already making a good impression with his new teammates.

what he plans to do with the Redskins. Blache and defensive line coach John Palermo have sought Haynesworth's input about how he would prefer to be used in some situations.

Blache is not expected to make

wholesale changes to the successful approach he and his predecessor, Gregg Williams, brought to the Redskins, "but just them willing to listen and think about doing some things a little different makes you feel good," Haynesworth said.



**OBAMA Carolina On His Mind** After picking them to win the national championship before the NCAA tournament began, President Obama welcomed the University of North Carolina's men's basketball team to the White House on Monday. He noted that a scrimmage he had with the team last year proved to be good luck for both sides. Not only did the Tar Heels win the title over Michigan State in a romp, but Obama won the state in both the Democratic primary and in the general election.

## Swengali

NATIONALS | BY MATT SWENSON

### Strasburg Will Bring Nats Hope

**IN LESS THAN** one month, the Washington Nationals are going to make their most important decision of the season. That is for the small fact that their mind is already made up.

Despite many a warning from The Washington Post's Thomas Boswell, Washington will presumably select San Diego State pitcher Stephen Strasburg with the first pick in the amateur draft.

Strasburg's 100 MPH fastball has drawn attention for the better part of two years and he is the consensus best prospect in the draft.

### 8.5 sacks

Haynesworth's sack total over seven years now stands at 24.

### 51 tackles

Forty one of those tackles were solo; he has 271 career tackles (199 solo).

### 3 fumbles

The number of fumbles Haynesworth forced last year. He has six all-time.

Despite his success, Haynesworth developed a reputation for having a lackadaisical attitude to offseason conditioning and taking plays off during games early in his NFL career. With the Redskins, however, "Albert has been out there going as hard as everyone else," quarterback Jason Campbell said. "He has been here doing what we do. That just sets a good example for everyone."

The criticism about his supposed lack of work ethic seems to annoy Haynesworth. "I hear that all the time," he said. "People say, 'He's got a world of potential and he's not living up to it.' I'm like, 'Golly. I'm trying to tap into it.' I feel I am now. Hopefully, I still have a whole lot to do out there. I think I can get a whole lot better."

JASON REID (THE WASHINGTON POST)

If [Strasburg's] potential is unlimited, then maybe so is Washington's.

Yet Boswell has made the compelling point that the history of pitchers taken with the No. 1 pick is hardly stellar. Not a Hall-of-Fame among the group, which begs the question: Why shouldn't the Nats play it safe and take a hitter?

Here's your answer. Strasburg has not only been outright dominant on the college level — his final home start was a no-hitter for crying out loud — but he also gives the Nats something to look forward to.

Immediate success in the big leagues is unrealistic. Yet his development should be tantalizing. Strasburg's growth will be tied to that of the Nationals. If the pitcher's potential is unlimited, then maybe so is Washington's.

Hope awaits. Whether it's realistic or not will be worth more debate than who the right pick is right now.



**Redskins Insider:** Get your fix on Redskins news in the offseason. Training camp is now only months away | [washingtonpost.com/sports](http://washingtonpost.com/sports)



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

# Celtics' 'Big Baby' Grows Up Fast

Second-year center's buzzer-beater shows young star's mettle

**NBA PLAYOFFS** | Glen "Big Baby" Davis wasn't the Celtics' first choice to take the last shot in Game 4 of the Eastern Conference semifinals against Orlando. But he turned out to be a pretty good choice.

Davis hit a buzzer-beater to give the Celtics a 95-94 victory over the Magic on Sunday night and tie the best-of-seven series at two games apiece.

The series resumes in Boston with Game 5, and a victory Tuesday night would preserve the

home-court advantage for coach Doc Rivers and the defending NBA champions.

"Since I have been with the Celtics, I have been trying to fine my niche in our system," Davis said. "Doc told me that if you work on that shot and show me you can make it, I am going to let you shoot it. This year has been proof of hard work. You just have to be focused."

Even though Rivers now trusts Davis to take the big shots, the play wasn't drawn up for the 6-foot-9, 289-pound, second-year center from LSU.

The ball was first supposed to go to Ray Allen, the All-Star who



Glen "Big Baby" Davis says he's found his niche with the Celtics this season.

scored 51 points in a game against Chicago and has the most 3-pointers in the playoffs this season. If Allen wasn't open, NBA finals MVP Paul Pierce was supposed to be the consolation prize. Eddie House, who burned the Magic with 31 points in Game 2, was also on the floor.

"We have a saying: 'Trust the pass,'" Rivers said. "Our best player trusted the pass. He may have had a shot but [Lewis] was in his face. Baby was open. He trusted the pass. That was great."

Davis' basket set off a frenzy on the Celtics bench, with Rivers spiking an imaginary basketball in celebration. JIMMY GOLEN (AP)



**BASKETBALL Not A Happy's Mother's Day** ESPN.com reports that Nuggets' F Kenyon Martin said he planned on "taking care" of Dallas Mavericks owner Mark Cuban, after the two were involved in a post-game shouting match after Saturday night's 106-105 Denver win. Cuban reportedly called Martin a "thug," and directed other comments toward Martin's mother, Lydia Moore. Martin added, I don't feel I need to call his name in the media and all that, but it's a little personal. And I'm going to take care of it."

## DiLeo Gives Up Reins of 76ers

**NBA** | Philadelphia 76ers interim coach Tony DiLeo has withdrawn his name from consideration for the permanent coaching job.

Sixers general manager Ed Stefanski says DiLeo decided Monday to return to his old job in the front office as a senior vice president and assistant general manager.

DiLeo replaced Maurice Cheeks after the Sixers stumbled to a 9-14 start. They went 32-27 under DiLeo and earned a playoff spot. (AP)

### Capitals Results

→ Monday's critical game 6 of the Capitals-Penguins Eastern Conference semifinals ended after Express deadline. For a full recap and commentary from columnist Mike Wise, see | **Today's Sports**

**IN** The Washington Post

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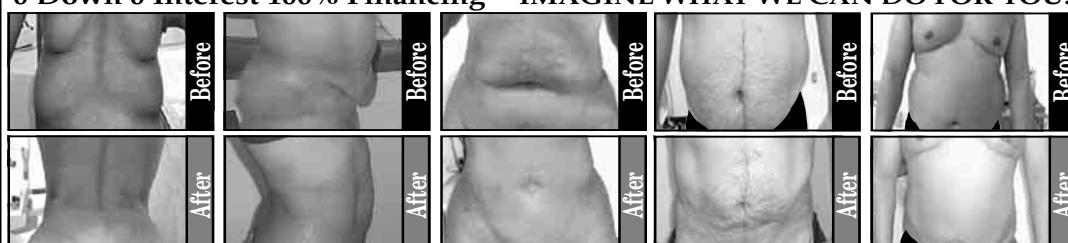


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## Sports

# Filly Gets Shot at Pimlico

Owners retreat from threats to block path of Rachel Alexandra

**HORSE RACING** | Rachel Alexandra is in the Preakness. Finally. Probably.

The superstar filly will get her chance to run with the boys during Saturday's second jewel of the Triple Crown after a series of potential roadblocks were lifted over the weekend.

Pimlico vice president Mike Gathagan said Monday there are 13 horses, including Rachel Alexandra, expected to enter the 1 3/16-mile race. The field will be set by noon Wednesday, with the draw at 5 p.m.

The almost certain entry of the Kentucky Oaks winner saves the industry from a public relations nightmare after several owners — including Mine That Bird's Mark Allen and Pioneer of the Nile's Ahmed Zayat — considered taking steps to keep the 3-year-old filly from joining the field, which is capped at 14.



Kentucky Oaks winner Rachel Alexandra was sold to Stonestreet Stables on May 6. The filly will now run in the Preakness Stakes at Pimlico Race Track in Baltimore.

Allen said Monday he toyed with the idea of putting unheralded Indy Express into the Preakness to take up one of the starting spots from Rachel Alexandra. Zayat briefly weighed doing the same with one of the more than 20 horses he nominated to the Triple Crown.

Triple Crown rules give starting preference to horses pre-nominated to the series. Rachel Alexandra was not nominated by previous owner Dolphus Morrison, meaning new owner Jess Jackson will have to pay a \$100,000 supplement fee to put her up for consideration. WILL GRAVES (AP)

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# fit



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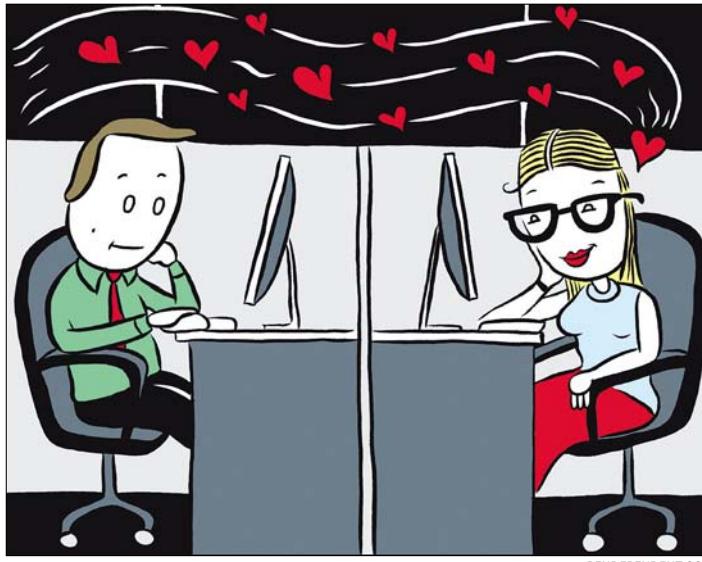
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## Don't Let an Office Crush Get You Down

**Q** I've had a crush on a coworker for a long time, and lately I've gotten very distracted and shy while he's around. I'm pretty sure he's not interested, and I feel like the nerdy girl pining away for the most popular guy in school. I wish I could just act normal around him. I'm 25 years old and ashamed of myself. But I'm just so self-conscious, and knowing how ridiculous it is makes it worse. —TIPS, PLEASE!

By increasing your mindfulness in the moment, you can help counteract that tension and appear far more "normal." Decide what helps calm you down — deep breaths, mantras, mental distractions or simply taking an extra minute to



collect yourself — and try to practice using it to lower your anxiety.

You also need to fight to keep this from lowering your self-esteem. Try to build up your confidence by increasing the amount of activities you do where you feel

valued. Cultivate the parts of you that make you feel more worthwhile and attractive, whether it's showing off your softball skills, starting to paint or even just flirting with the barista who's always been so nice to you.

Finally, if you're sure that Mr. Cubicle is a no-go, close the door and don't dwell. Feel free to emphasize the reasons (silently to yourself, please!) why he wouldn't be a good fit for you. You've also got to examine the possibility that there's something going on with you right now that makes you particularly vulnerable to feeling down about yourself, so that this doesn't become a pattern.

## Put Off Your Procrastination

**Q** Yet again I have missed the deadline for tax season. I've always been disorganized (I claim I just like to "stick it to the man") and often don't have a handle on things. But the problem is that now I'm feeling so afraid that I'm procrastinating up the wazoo. I do this about a lot of things. It would be very helpful to hear how to break the cycle. —NO NAME, OR THE IRS MIGHT CALL

Ah, sticking it to the man. The rallying cry of deadline-evaders everywhere!

First, make small, specific daily goals. (Bad: "Take care of that W-4." Good: "Call Belinda at HR to ask to re-send the W-2.") Trust me, the sooner you move forward, the fewer bureaucrats in ill-fitting suits you'll need to be afraid of.

But since this is a pattern, you'll also need to figure out your larger fears. Are you a perfectionist? Scared of being exposed as incompetent? Terrified that, if you live an organized life, you'll be less interesting (or have to feel grown-up)?

In the meantime, use the "Five-Minute Rule": Vow to work on a specific aspect of your dreaded project for five minutes, and then let yourself stop. The starting of a task is usually the hardest, but it's much less intimidating when you know you'll get a break.

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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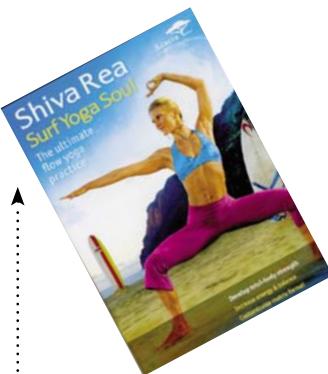
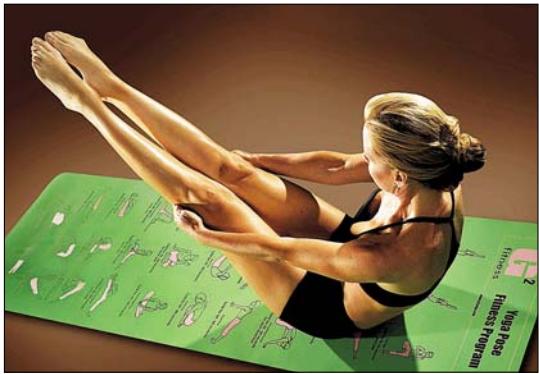
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## WILL O' THE CRISP

Perhaps it's not so strange that Pepperidge Farm's Baked Naturals Multi-Grain Wheat Crisps (\$3.49, grocery stores) are shaped like guitar picks. After all, when your guests bite into the crunchy crackers blessed with a hint of honey, you'll get a chorus of thank yous. It's music to your ears — and your diet.



## HOME STRETCH

Just because it's time to work your body doesn't mean your brain will want to cooperate. So jog your memory with G2 Fitness Mats (\$49.95, G2fitstore.com), which come printed with specialized stretches. Choose between yoga (above), Pilates, golf, back, abs and general fitness.



## TIMEX MACHINE

If you're the type to head outside no matter the weather, you might at least first strap a Timex WS4 (\$159.96, Ems.com) to your wrist. The high-tech and rugged (water-resistant to 50 meters!) gadget boasts an altimeter, barometer, thermometer, compass and 100-hour timer.



## BOARD CERTIFIED

When Shiva Rea cheats on her mat, it's with her surf board. The bendy goddess combines her two loves with "Surf Yoga Soul" (\$14.99, Acacia catalog.com), which offers 75 minutes of segments that you can mix and match. Coolest move: Popping up from plank into a warrior-like surfer pose.

## GUINEA PIG



## Weight, Weight ... Don't Tell Me

■ Stealth exercise is nothing new — there are probably people sitting next to you on the Metro right now doing butt squeezes. But the idea behind Banglz (\$24.95 and up, Banglz.com) is that wrist and ankle weights can pose as stylish accessories while they secretly tone your limbs.

The problem? See above. They actually look like scrunchies that have lost their way. (Although the solid color options are a bit more discreet.)

But obscured under a jacket and flared pants, we let them work their magic during a day at the office. Donning just one 1/2 lb. wrist weight didn't do much, but when we went with a set of wrists and a set of 1 lb. ankles, the burn was definitely more noticeable — especially when dashing to catch the Orange Line.

VICKY HALLETT (EXPRESS)

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# fit | Phys Ed

## PHOTOFINISH



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Pee-wee Herman knew — rightly — that he had the best bike in the world.

## We're Looking for Wheels Gone Wild

■ Some people have children. Some have pets. And then some have bikes. So in honor of National Bike Month (Bikeleague.org), we want to see the equivalent of your baby pictures: photos of your sweet, tricked-out ride.

Whether you saddle up on a trike, recumbent, tandem, unicycle or traditional two-wheeler — with some unconventional touches worth tout-ing — we know the riders of this town are off the chain.

Come on, those yellow-jacket colored tires (that just happen to match your Fuji Roubaix's frame) deserve more of an audience than whoever hap-pens to be sauntering by on the side-walk. Perhaps your Trek's wheels are packed to the rims with a wild collection of spoke cards. Or maybe your claim to cycle fame is using your frame as a canvas for outrageous art. Whatever the means, you know your pedals are unparalleled.

E-mail a high-resolution snapshot (at least 300dpi) of your pride and joy — and means of transportation — to [bike@readexpress.com](mailto:bike@readexpress.com) by Tuesday, May 19, at midnight. We'll feature our favorite rides in an upcoming issue. Include your name, age, city of resi-dence and why your bike makes you one of the coolest spokespeople in the D.C. area. k.c.



ERIC VANCE/COURTESY EPA

The bike room at the Ronald Reagan Building fits 100 bikes, plus lockers where riders can store their gear and sweaty clothes.

# Wheeling in Employees

## Bike-friendly offices offer tips on keeping their cyclists happy

You've decided to become a bike commuter. Kudos. But how suc-cessfully you stick with that resolu-tion depends on whether your office goes the distance.

As cycling gains ground in the D.C. area, some businesses have been bona fide trailblazers. Toole Design — a Hyattsville-based transportation consulting firm — and the World Bank's D.C. office have even been recognized by the League of American Bicyclists as two of the nation's most bicycle-friendly workplaces.

Want to know how your employer can follow their lead? Keep reading.

### BE ACCESSIBLE

Most folks aren't going to want to hop on I-66 to wheel their way in.

So, companies in neighborhoods near multi-use jogging and cycling trials — like Bethesda, which is close to the Capital Crescent — are more likely to lure two-wheelers. Second best are offices near roads with bike lanes (or little traffic).

Employees also have the option of pedaling to the closest Metro station, locking up their Schwinn's and riding the rails the rest of the way. For those who want to haul a bike on the train — they're prohibited during peak riding hours — Toole Design planning direc-tor R.J. Eldridge suggests a small, foldable model. "You can take it on the Metro anytime," he says.

### KEEP IT CLEAN

Your cyclists are safely at work. But there's another logistical problem to deal with: They stink.

Eldridge says Toole Design chose its location specifically for its shower facilities. In buildings without them, it's smart to ne-gotiate a group discount at a nearby fitness center. Otherwise, the only real option for riders is a rubdown with wet wipes.

### PROVIDE SAFE PARKING

Outdoor bike racks are fine for cheaper wheels you won't worry about getting damaged or stolen. But riders generally feel safer with



## Bike to Work Day

■ The weather actually looks — fingers crossed — pretty decent for Friday, which should make for a popular Bike to Work Day. Expect the usual festivities of pit-stop rallies across the region, as well as the big shebang in Freedom Plaza, where you can score free food, T-shirts and other goodies. Find a commuter convoy in your neighborhood, learn how to sustain a bike commuting lifestyle and dig around for other helpful info about the event at [Waba.org](http://Waba.org).

more secure storage.

That's why the Ronald Reagan Building was designed with a bike room in mind. Pat Childers, bike administrator at the Environmental Protection Agency, which has its D.C. office in the Reagan, says, "That's what makes the Reagan Building bike room ... so successful. It has access to showers, it has lockers, it holds some 100 bikes. When we built it, it filled very quickly." (They're so proud, they've even offered tours of the space so other cyclists can be jealous.)

### BUILD A COMMUNITY

"If people feel like they're alone out there doing this, it's not worth doing," says Angela Atwood-Moore, a research associate at the National Institutes of Health. As the presi-dent of the NIH Bicycle Commuter Club, she's been instrumental in keeping the Bethesda campus' 600 bike commuters informed through a Web site and an e-mail list (to which 300 riders subscribe). Whether it's finding a mentor for a cycling newbie or coordinating meet-up points for Friday's Bike to Work Day (see box), the club rein-forces a sense of camaraderie.

NIH and the EPA sell cycling jerseys with company logos, while Eldridge says Toole plans to enter a team in the Bike MS: Chesapeake Challenge in June.

### SHOW US THE MONEY

It also can't hurt to offer financial incentives for ditching driving. Employers can institute the recently adopted monthly \$20 tax rebate for cyclists, or go further. Toole covers the costs of the League of American Bicyclists bike safety course (\$20), and NIH's Bikes for Bucks program rewards riders' mileage with store credit to local bike shops.

But, of course, it's up to the workers to make sure they're not missing out on any other perks. Like the 180 employees at the Calvert Group's Bethesda loca-tion. "We offer a \$500 reimbur-sement for a purchase of a bike," says human resources' Lauren Lefkowitz. So far, only a handful have used it. Time to get in gear, folks!

KRIS CORONADO (EXPRESS)

# Living on the Veg

Eat asparagus like a German, but hold that hollandaise

The charms — and steins — of Oktoberfest have made it a worldwide festival. But somehow, Germany's springtime celebration of asparagus — known as Spargelfest — has gotten, well, the shaft.

Perhaps that's for the best, waistline-wise. Spargelfest leaves you stuffed instead of hammered: It involves excessive consumption of the veggie (usually of the thick, white variety, which can be harder to get in the States) drenched in fattening hollandaise sauce.

The Germans are wise to fete the versatile, nutrient-packed crop, however, says Goulda A. Downter, the president and CEO of Metroplex Health and Nutrition Services Inc. (6323 Georgia Ave. NW; 202-723-7222). "You can have asparagus as a side dish with chicken, fish, root vegetables, red meat — really, it can go with anything," Downter says.

Asparagus is a solid source of protein, calcium, iron and vitamins A, C and K. It's also a great supplier of folic acid, which may help lower risks of heart disease and colon cancer,



The Germans boil their spargel, but there are loads of ways to cook the vegetable.

among other illnesses, according to the Washington Asparagus Commission (Washingtonasparagus.com). The only other food source with more folic acid? Orange juice.

In addition, asparagus offers a slew of antioxidants, including glutathione, known as a detoxifying agent, and the biflavonoid rutin, which helps to strengthen the capillaries and increase the blood's oxygen-carrying capacity.

To prepare your own plate of the greens, Downter recommends steaming or roasting the stalks. "Pour some olive oil over them and put them in a pre-heated oven at

about 400 degrees. It takes about 25 minutes," she says.

Or, to get your fix on the town, try some of the seasonal specialties available through mid-to late May: at **OLD EUROPE** (2434 Wisconsin Ave. NW; 202-333-7600; Old-europe.com), where German-inspired appetizers on the Spargelfest menu include a poached halibut fillet (\$25), which is served with sides of asparagus and parsley potatoes.

**CAFÉ BERLIN** (322 Massachusetts Ave. NW; 202-543-7656; Cafieberlin.de) offers similar delicacies, including a salad with pan-seared asparagus and grilled duck (\$25).

KATIE ABERBACH (EXPRESS)

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→ Salt and ground black pepper, to taste

10 MINUTES, SERVES 8

**IN A BOWL, WHISK** together the buttermilk, mayonnaise, chives, parsley, lemon juice and mustard. Season with salt and pepper. (AP)



30 calories, 1g protein, 3g carbs, 1g fat, 2mg cholesterol, 178 mg sodium, 0 g fiber

## EATING IN

### Creamy Chive Salad Dressing

This creamy chive dressing has a base of tangy, nonfat buttermilk and reduced-fat mayonnaise that can be used to create many kinds of healthy, yet rich-tasting dressings. Keep the dressing in a covered container, in the refrigerator, for up to five days.

#### INGREDIENTS

- 3/4 CUP nonfat buttermilk
- 1/4 CUP reduced-fat mayonnaise
- 1/3 CUP finely chopped fresh chives
- 1 TBSP chopped fresh parsley
- 1 TBSP lemon juice
- 1 TBSP Dijon mustard

→ Salt and ground black pepper, to taste

10 MINUTES, SERVES 8

**IN A BOWL, WHISK** together the buttermilk, mayonnaise, chives, parsley, lemon juice and mustard. Season with salt and pepper. (AP)

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Wednesday	May 20	6:30 pm
Wednesday	Jun. 3	6:30 pm
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## fit Looks



## Give Blush The Brush-Off

Tired of looking red in the face? Here are some quick tricks to tone down the ruddiness.

Start with a little prevention. Apply a moisturizer that contains an SPF of at least 15 to keep UV rays from exacerbating ruddiness.

To disguise it, match your natural skin tone with a stick foundation that has a yellow base, which cancels out unwanted red pigment. (Hold it up against a white piece of printing paper to determine whether it has yellow undertones.) The thicker texture of stick formulas camouflages redness better than a liquid does.

Top with a light dusting of a loose, yellow-based face powder.

To brighten without turning pink, swap your blush, which

accentuates that overly rosy glow, for a powder bronzer — the coppery hue tones down flushing.

Dust onto your cheekbones, your chin and the bridge of your nose, using light strokes with a short, fat brush. Try **L'OREAL PARIS GLAM BRONZE PRESSED BRONZING POWDER** (\$12, drugstores), **CARGO BRONZER** (\$25, Sephora), or **BOBBI BROWN BRONZING POWDER** (\$33, Bobbibrown cosmetics.com).

The right eye shadow and gloss can also minimize your redness. So stick with a brownish pink gloss and a sand or gold shadow, and avoid bright pinks, reds or peaches, which only draw attention to the very problem you're trying to treat. **BOBBI BROWN** (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

## STETHOSCOPE



STOCK

## ALLERGIES

**South of the Sneeze**

■ Having a sneezy and sniffly spring? Just be glad you don't live in Louisville, Ky., which the Asthma and Allergy Foundation of America just named the most challenging city in the country for allergy sufferers. Southern states dominate the top ten, but our fair city came in 49th out of 100. The rankings are based on seasonal pollen count, use of meds and the number of board-certified allergists.

## PSYCHIATRY

**Bully Mammoths**

■ Now you should feel really bad about taunting that kid in fifth grade. A study published in the Archives of General Psychiatry found that children who are bullied are twice as likely to have delusions, hallucinations or other psychotic symptoms—regardless of family trouble or level of intelligence. Researchers think the teasing may act as a trigger for folks already genetically predisposed to schizophrenia, or that constant harassment changes one's stress response.

## SMOKING

**Pack of Troubles**

■ Females might have troubles men don't face, but cigarettes won't make those woes better. In fact, according to a new Swiss study, women have yet another thing to be bummed about: They're more susceptible to tobacco carcinogens. They tend to be younger when they develop lung cancer, even though they generally smoke much less than men. And lung cancer is the leading cause of cancer death in American women.

# How to Recharge Your Batteries

Follow these four rejuvenating tips whenever you're feeling run-down

Your alarm goes off and you slap the snooze button three — no, make that four — times. You practically fall asleep at the wheel on your morning commute, your brain's in a fog most of the day and you find yourself dozing off in meetings. Or maybe you're bright-eyed when you're at work, but once home, you can barely drag yourself off the couch. Here's how to power yourself back up — permanently.

**Give Yourself a Visual Aid**

Olympic athletes who visualize themselves outperforming the competition win more medals. What's their secret? Science shows that imagining an activity fires up the same parts of your brain that work when you're actually doing it. Consider this study published in the Journal of Neurophysiology: One group of participants exercised a finger for a month, while another group just imagined exercising it. Without even lifting a finger, the visualizing group improved the digit's strength by 22 percent, while the group that exercised got a 30 percent boost. When you hit a slump, visualize yourself as full of energy: delivering a strong presentation in your next important meeting, knocking out an hour of power yoga, or flying through a huge pile of paperwork.

**Think Premium Thoughts**

Ever find yourself obsessing over something dumb you said in a meeting? Notice how draining it can be to keep those thoughts going? Any thought that's repeated over and over will get trapped in your head sooner or later. But unlike negative messages, positive ones don't stress you out. So fill your mind with premium thoughts.



STOCK

Premium thoughts are like premium gas: high-quality fuel that keeps your body and mind charging forward instead of spinning in place. Next time you're stuck reciting a negative mental script, try putting a glass-half-full spin on the situation. For example: "Sure, the hotel was a dump, but we laughed the whole time we were there," or "He broke my heart, but not my spirit. Next!"

**Pump Up the Jams**

You can be singing along to your favorites in the car or cycling to the beat at the gym; the effect is the same: Music can help you sleep, reduce anxiety and keep you invigorated. A study at York St. John University in the UK found that people who listened to music while holding a dumbbell straight out in front of them were able to hold it

**Try to visualize yourself as full of confidence and energy when you need to power through a slump.**

10 percent longer than those who heard nothing in the background. So when you need a jolt of energy — to get moving in the morning, to master a tough strength-training routine — crank it up.

**Expand Your Mind**

Meditation lowers your heart rate, eases muscle tension and provides a burst of endorphins that makes you feel happier and more alert. The goal of the practice is to simply exist in the moment. For two

or three minutes every hour or so, tear yourself away from your computer screen, close your eyes or find a pleasant spot to focus on, and breathe deeply and slowly, paying attention only to your breathing. When you're at the bottom of an exhalation, gently contract your lower abs to push every bit of air out, then allow your lungs to slowly fill again. JIM KARAS (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC)



Flowers were a nice gift for Mother's Day, but longevity is even nicer. Take advantage of National Women's Health Week's local events, including screenings, info sessions and more. Get details at [Womenshealth.gov](http://Womenshealth.gov).

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# express ➔ health directory

## Make a Difference, Be a Volunteer

**Malaria is a public health problem in over 90 countries**

Naval Medical Research Center needs volunteers for an investigational vaccine trial. Approximately one year of participation.

If you are a healthy adult between the ages of 18 and 50 and would like to volunteer, please contact:

Clinical Trials Center  
301-295-4298 or 301-233-9640  
or E-mail: [malariaetc.nmrc@med.navy.mil](mailto:malariaetc.nmrc@med.navy.mil)

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**Purpose:** To demonstrate that volunteers can be safely and reliably infected with malaria by the bites of infected mosquitoes.

**You may be eligible to participate if you are:**  
Between the ages of 18 and 55  
In good general health  
Have not had malaria in the last 5 years  
Are available for study duration (up to 9 months)

**You will be provided:**  
A no-cost health screening  
Compensation for your time and effort

The study is called "Development of a safe and reproducible human sporozoite challenge of plasmodium vivax in healthy adults in The United States."

**Location:**  
Walter Reed Army Institute of Research, Silver Spring, MD

### CONTACT

Clinical Trials Center

301-319-9660, toll free at 1-866-856-3259  
[www.wrairclinicaltrials.com](http://www.wrairclinicaltrials.com)



## Does Someone You Care About Have A Seizure Disorder?

Washington Hospital Center is looking for patients to participate in a research study for a new anti-seizure medication

- Diagnosed with partial onset seizures
- Taking one or more medications to manage seizures
- At least 18 years old



If you qualify to participate in this study, you will receive research medication, medical examinations, including blood testing and ECGs (measurement of heart electrical activity), at no charge.

Please contact Dr. Marc Schlossberg at 202-877-0922 for more information.

nine simple numbers

you learned  
by age 3

6	1	4	5
8	3	5	6
2			1
8	4	7	6
	6		3
7	9	1	4
5			2
	7	2	6
4	5	8	7

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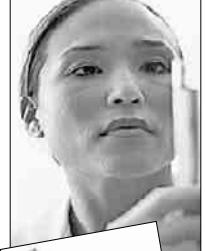
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As part of the Registry, we will determine if you are eligible for new and current studies done here at Georgetown, and then contact you to see if you are interested in learning more. You can then decide if you want to participate in the research study.

Participants in the Registry will only be asked to fill out a brief questionnaire about your health and lifestyle information.

Your participation in this or any study is completely voluntary.

Subjects will receive a small gift for participating. Other studies you may decide to take part in may also offer compensation for participation.

If you are interested in joining the Registry, please contact us at **202-687-8731** or [studysubjectregistry@georgetown.edu](mailto:studysubjectregistry@georgetown.edu).

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# Sports

## In Brief

### NHL PLAYOFFS

#### Hurricanes' Walker Fined, Not Suspended, for Punch

Carolina Hurricanes forward Scott Walker will not be suspended but was fined \$2,500 by the NHL on Monday for throwing a punch that may have broken a bone in Boston Bruins defenseman Aaron Ward's face. Hurricanes general manager Jim Rutherford told The Associated Press that the automatic suspension given to Walker was rescinded during a hearing with league disciplinarian Colin Campbell. It was ruled the hit was not a "sucker punch." (AP)



Walker

### NFL

#### Vikings President Says Favre Trade Still Possible

Minnesota Vikings president Mark Wilf says the team is still interested in Brett Favre. Wilf says the Vikings are assessing "a variety of factors" about the supposedly retired quarterback as they do with all free agents. But Wilf says he's "not aware of any meeting" in the past between team officials and Favre. (AP)

## TODAY'S TV LINEUP

### NBA PLAYOFFS (8 P.M. AND 10:30 P.M.)

**ON TNT**) The Celtics and Magic are tied at two games apiece entering Game 5 of their series, as are the Lakers and Yao Ming-less Rockets in the West.

**NATIONALS (10:15 P.M. ON MASN2)** The Nationals are in San Francisco for Game 2 of a three-game set against the Giants.

**ORIOLES (7 P.M. ON MASN)** After losing two of three against the Yankees, the O's host the Rays.

### NHL PLAYOFFS (7 P.M. AND 10 P.M.)

**ON VERSUS**) The Bruins try to force a Game 7 against the Hurricanes and the Red Wings can finish off the Ducks.

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# lookout



## Ship Comes In

Kate and Leo give financial help to elderly Titanic survivor | **38**



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Samberg hosts a new "SNL" special.

## Unsung Heroes Of 'SNL'

**Host Andy Samberg draws our attention to the digital short**

**TRIBUTE** | Sometimes the memorable moments on "Saturday Night Live" aren't live.

The late-night show has occasionally presented short films and is collecting many of the best for a two-hour prime-time special airing May 17 at 9 p.m. Cast member Andy Samberg is the host.

"For me to do hosting segments and be able to [introduce] 'Synchronized Swimmers' ... this is something that influenced everybody in comedy," Samberg said.

That film featuring water acrobatics actors Martin Short and Harry Shearer was directed by Christopher Guest.

Samberg also remembers Eddie Murphy's short film, "White Like Me," where the actor impersonated a white man.

"When I was a kid and saw that, my brain exploded," Samberg said. "It was like the greatest thing I'd ever seen in my life."

**Paramore's internal conflicts are revealed and healed in the making of an album**

**DRAMA** | There's a certain serendipity to Paramore's opening slot on the upcoming and much-anticipated No Doubt return tour. Fans of the latter might remember the video for "Don't Speak," where No Doubt's three male members look daggers at bejeweled frontwoman Gwen Stefani as they're cropped out of a magazine shoot.

A similar thing might have happened over the last two years to Paramore. The young Tennessee pop-punk quintet vaulted onto the charts on the strength of such buoyant singles as "Misery Business." But Paramore's ochre-haired spitfire singer, 20-year-old Hayley Williams, inadvertently but understandably gleaned much of the spotlight during that rise. Her striking aesthetics and outspoken personality made her something of a tabloid regular, all while personal troubles brewed among her bandmates.

Paramore canceled part of a European tour in 2008 because of, as Williams said in a blog post, "internal issues that have been going on in this band for quite a while now."

If there were doubts as to the band's future then, their forthcoming album should remedy them. The album is both about band members' grievances with one

## Airing Dirty Laundry



ATTENTION GRABBER: Hayley Williams' (center) popularity caused tension in Paramore, but the band is working through it.

another, and a document proving they're finally past them.

If "How Do You Sleep?" was John Lennon's riposte to his time with Paul McCartney, the new track "Ignorance" might be Williams' version of the same. It's possibly the darkest and most precision-cut Paramore song, propelled by Zac Farro's horse-race drumming and the spidery guitar interplay of his brother, the band's chief arranger, Josh Farro.

"We were like, 'Sweet, every song is going to be about us,'"

**"After seeing how relationships work, how do you trust somebody who's just as flawed as you are?"**

Josh Farro said. "We don't get to sing 'Hayley is such a jerk.' But it's cool because we trust Hayley to make it broader than just about our band."

This album should do much to prove the fierce musicianship

of the group and Williams' ambitions as a lyricist. In airing their youthful dirty laundry on record, Paramore might have made their most adult album yet.

"We're all human, and we just love to hurt each other," Williams said. "After seeing how relationships work, how do you trust somebody who's just as flawed as you are? It's kind of embarrassing, because it is so much of me in these songs, but that's what's beautiful about it. I'm growing up."

AUGUST BROWN (LOS ANGELES TIMES)



**INSURANCE Gallows Humor** Matthew Goode has been cast in "Cemetery Junction," the Ricky Gervais-Stephen Merchant dramedy about 1970s insurance salesmen. Goode will play Mike, a go-getter dating his boss' daughter, in the Sony International project, previously titled "The Men at the Pru." Goode, who was last seen on the big screen as villain Adrian Veidt in "Watchmen," was recently cast in the rom-com "Leap Year," starring Amy Adams. (THE HOLLYWOOD REPORTER)



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## entertainment lookout

# Of Many Universes

Cynic's progressive metal combines jazz with a clean, cosmic post-apocalyptic feel

**MUSIC** | It's tough to make a living if your band exists in a marginalized music genre. It's even harder for Cynic, which exists in two. The Miami-born, Los Angeles-based group plays a form of experimental metal that leans heavily on jazz—not for improvisation but for complicated harmonies. After Cynic's landmark 1993 album, "Focus," the critically praised group found it so rough-going that it disbanded a year later.

"Part of the reason for our breakup post-'Focus' was that we were with the wrong record company. Roadrunner was so metal," said guitarist-singer Paul Masvidal, who makes up Cynic's core with drummer Sean Reinert. "We discovered Roadrunner wouldn't release Sean and I from the contract. ... What ended up happening was a big legal mess, a series of things that beat us up emotionally and psychologically. ... It led to our demise, essentially."

After relocating to Los Angeles to work on TV and film soundtracks, Masvidal and Reinert formed the less rock, more ambi-



COURTESY ACTION PR

Check out Cynic and its other-worldly brand of metal tonight at Jaxx in Springfield.

### express nightout



For more of our interview and to hear Cynic's music, visit our Web site. [ONLINE NOW](#)  
[EXPRESSNIGHTOUT.COM](#)

ent group *Aeon Spoke*. But it wasn't until 2007 that the duo called upon the Cynic name and style again for a tour. That experience led to 2008's "Traced in Air," another collection of technically remarkable songs that might be too progressive for metalheads and too metal for jazzheads, but it had critics drooling with praise. The remarkable CD is complex, layered in futuristic lyrical imagery,

which Masvidal delivers in an ethereal voice.

"To some degree there is that 'Blade Runner'-thing going on with Cynic," laughed Masvidal. "I don't know why. It has this post-apocalyptic, futuristic cyber thing — it feels really clean and processed.

... To me, it's almost like cosmic music without going hippy. Just cosmic in terms of being extremely dynamic and expansive and working more on a molecular level than just on mundane Earth matters. It's in a different realm."

CHRISTOPHER PORTER (EXPRESS)

→ *Jaxx, 6355 Rolling Road, Springfield; Tue., May 12, 7 p.m., \$23; 703-569-5940; Jaxxroxx.com.*

Group executive vice president John Burk.

"The Real Thing" is inspired by jazz and Latin music, particularly the work of Sergio Mendes, who first performed the Stevie Wonder-penned title track. "I wanted to do something with kind of a Brazilian feel," Williams says. "It's kind of a hybrid of samba, bossa nova, some salsa and also some pop and R&B."

"The Real Thing" is Williams' first studio album since "Everlasting Love" in 2005, which sold 62,000 copies. ANN DONAHUE (BILLBOARD)



ROBLOND/GETTY IMAGES

Vanessa Williams is revisiting her first passion, music, with "The Real Thing."

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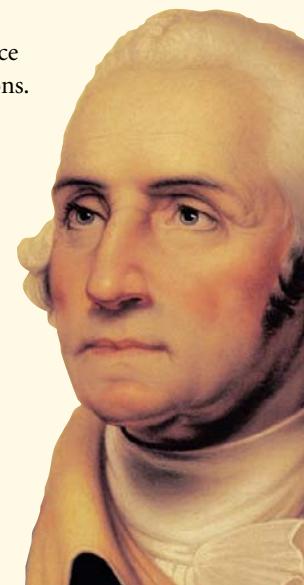
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# Once a Singer, Still A Singer

**ALBUM** | It's a prime time to be a Vanessa Williams fan: On Thursdays she portrays the shrewtastic fashion magazine editor on "Ugly Betty," and she plays a conniving label publicist in "Hannah Montana: The Movie." But on June 2, Williams returns to her first love

# lookout television

# Three Men and a Maybe

**Competition is stiff and fan bases strong as the 'American Idol' finalists eye the prize**

**PENULTIMATES** | Adam Lambert appeared on San Diego's Fox affiliate to give a weather report — and wound up dispensing some on-air eyeliner-application advice to a hyperactive reporter.

Danny Gokey snacked on custard and reunited with old friends on the air in Milwaukee. And central Arkansas' Fox station was so jazzed about the return of native son Kris Allen that it provided hourly updates on his whereabouts.

"American Idol" has entered its second-to-last week, and to say the competition has reached

a fever pitch is an understatement — there's no dose of Tylenol fit to ease this frenzy.

Fanning the flames over the weekend were the "Idol" contestants' much-publicized returns to their home towns. In addition to their TV appearances, each finalist also gave at least one free concert. Video of the spectacles will be broadcast on "Idol" this week.

It's all leading up to a highly anticipated showdown among three fervently supported singers: the Broadway-tinged glam rocker Lambert, the radio-friendly pop-folker Allen and the earnest growler Gokey.

Which contestant is favored depends on whom you ask. Lambert has received press attention and on-air accolades from the



Adam Lambert, Kris Allen and Danny Gokey are "American Idol's" last men standing.

## express nightout

Watch video from the contestants' trips home, read recaps of each "American Idol" episode and let us know who you think should make the finale. | **ONLINE NOW**  
[EXPRESSNIGHTOUT.COM/IDOL](http://EXPRESSNIGHTOUT.COM/IDOL)

show's panel of judges for his creative interpretations of established tunes. Gokey has been a fan favorite for both his sentimental song choices and his tragic back story — his wife died just weeks before his "Idol" audition.

And then there's Allen, who has also shown an aptitude for creative song arrangement and seems to possess a cadre of fans all his own.

All three are solid competitors. So, look for some serious firepower this week as each finalist brings all of his assets to bear in hopes of making it to next week's finale.

GREG BARBER (EXPRESS)



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### AMC HOFFMAN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria

#### IMAX STAR TREK: THE IMAX EXPERIENCE (PG13) ✓

1:10, 4:10, 7:10, 10:10

NEXT DAY AIR (R) ✓ 1:00, 1:40, 3:20, 4:20, 5:40, 6:50, 8:00, 9:10  
STAR TREK (PG13) ✓ 12:30, 1:50, 2:30, 3:30, 4:50, 5:30, 6:30, 7:50, 8:30, 9:30

BATTLE FOR TERRA (PG) 12:35, 2:45, 5:00, 7:35 3D NOT AVAILABLE FOR THESE SHOWTIMES

GHOSTS OF GIRLFRIENDS PAST (PG13) 12:40, 1:35, 3:15, 4:15, 5:45, 7:05, 8:15

X-MEN ORIGINS: WOLVERINE (PG13) 12:45, 2:10, 3:10, 3:45, 5:10, 6:15, 7:00, 8:10, 9:00, 9:45

X-MEN ORIGINS: WOLVERINE (PG13) ☐ 1:30, 4:30, 7:30

FIGHTING (PG13) 2:55, 3:35, 6:25, 9:15

OBSESSED (PG13) 1:20, 2:00, 4:00, 4:40, 6:45, 7:20, 9:20, 10:00

THE SOLOIST (PG13) 1:15, 4:05, 7:15, 10:05

EARTH (G) 12:35, 2:50, 5:05, 7:25, 9:55

17 AGAIN (PG13) 1:55, 4:45, 7:35, 10:05

CRANK HIGH VOLTAGE (R) 9:50 PM

STATE OF PLAY (PG13) 12:50, 4:00, 7:00, 10:00

HANNAH MONTANA: THE MOVIE (G) 1:45, 4:35

OBSERVE AND REPORT (R) 9:45 PM

FAST & FURIOUS (PG13) 7:15, 9:50

MONSTERS VS. ALIENS (PG) 1:05, 3:40, 6:20, 9:05 3D NOT AVAILABLE FOR THESE SHOWTIMES

### AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.

NEXT DAY AIR (R) ✓ 2:40, 4:50, 7:00

BATTLE FOR TERRA (PG) 3:05, 5:10, 6:50 3D NOT AVAILABLE FOR THESE SHOWTIMES

FIGHTING (PG13) 8:00

OBSESSED (PG13) 2:20, 5:00, 7:30

THE SOLOIST (PG13) 2:00, 4:40, 7:20

17 AGAIN (PG13) 3:10, 5:35, 7:50

HANNAH MONTANA: THE MOVIE (G) 3:00, 5:30

I LOVE YOU, MAN (R) 2:10, 4:30, 7:10

AMC SELECT

ADVENTURELAND (R) 2:50, 5:20, 7:40

### AMC COLUMBIA MALL 14

10300 Patuxent Parkway

#### IMAX STAR TREK: THE IMAX EXPERIENCE (PG13) ✓

2:30, 5:30, 8:30

#### DIGITAL PRESENTATION

GHOSTS OF GIRLFRIENDS PAST (PG13) 1:00, 3:40, 6:20, 8:50

NEXT DAY AIR (R) 2:05, 4:30, 7:05, 9:20

STAR TREK (PG13) 12:10, 1:10, 3:10, 4:10, 6:10, 7:10, 9:10, 10:15

GHOSTS OF GIRLFRIENDS PAST (PG13) 2:10, 4:45, 7:25, 10:00

X-MEN ORIGINS: WOLVERINE (PG13) 12:30, 2:15, 3:15, 5:00, 6:00, 7:45, 8:45, 10:25

X-MEN ORIGINS: WOLVERINE (PG13) ☐ 1:30, 4:15, 7:00, 9:45

FIGHTING (PG13) 9:15 PM

OBSESSED (PG13) 1:15, 3:50, 6:50, 9:35

THE SOLOIST (PG13) 1:20, 4:20, 7:20, 10:10

EARTH (G) 12:20, 2:40, 4:55

17 AGAIN (PG13) 6:55, 9:30

STATE OF PLAY (PG13) 7:15, 10:05

HANNAH MONTANA: THE MOVIE (G) 1:45, 4:20

MONSTERS VS. ALIENS (PG) 2:00, 4:25, 6:45 3D NOT AVAILABLE FOR THESE SHOWTIMES

AMC SELECT

ADVENTURELAND (R) 1:40, 6:45

### AMC TYSONS CORNER 16

7850 Tysons Corner Center

#### DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 1:45, 4:05

#### DIGITAL PRESENTATION

STAR TREK (PG13) 6:35, 9:30

NEXT DAY AIR (R) 1:30, 3:40, 5:50, 8:05, 10:25

STAR TREK (PG13) 12:15, 1:15, 2:10, 3:05, 4:10, 5:00, 5:55, 7:15, 8:00, 8:50, 10:10, 10:55

GHOSTS OF GIRLFRIENDS PAST (PG13) 12:30, 1:35, 2:55, 4:15, 5:45, 7:05, 8:20, 9:35, 10:50

GHOSTS OF GIRLFRIENDS PAST (PG13) ☐ 12:30, 2:55, 5:45, 8:20, 10:50

X-MEN ORIGINS: WOLVERINE (PG13) 1:25, 1:25, 2:25, 3:25, 4:20, 5:15, 6:15, 7:50, 8:50, 9:40, 10:40

FIGHTING (PG13) 7:20, 10:00

OBSESSED (PG13) 1:40, 4:25, 7:10, 9:45

THE SOLOIST (PG13) 1:50, 4:35, 7:30, 10:20

EARTH (G) 12:45, 3:10, 5:25, 7:40, 9:55

17 AGAIN (PG13) 12:20, 2:50, 5:20, 7:55, 10:35

STATE OF PLAY (PG13) 4:30, 7:35, 10:30

HANNAH MONTANA: THE MOVIE (G) 1:55, 4:40

FAST & FURIOUS (PG13) 7:05, 9:50

MONSTERS VS. ALIENS (PG) 2:15, 4:55, 7:30, 9:45 3D NOT AVAILABLE FOR THESE SHOWTIMES

AMC SELECT

ADVENTURELAND (R) 1:40, 6:45

### AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886

#### IMAX STAR TREK: THE IMAX EXPERIENCE (PG13) ✓

1:10, 4:10, 7:10, 10:10

#### DIGITAL PRESENTATION

GHOSTS OF GIRLFRIENDS PAST (PG13) 2:35, 5:10, 7:35, 10:05

NEXT DAY AIR (R) 1:24, 3:15, 5:35, 8:00, 10:20

STAR TREK (PG13) ✓ 12:30, 1:50, 2:30, 3:30, 4:50, 5:30, 6:30, 7:50, 8:30, 9:30

GHOSTS OF GIRLFRIENDS PAST (PG13) 1:25, 4:00, 6:45, 9:20

X-MEN ORIGINS: WOLVERINE (PG13) 1:35, 2:25, 3:00, 4:15, 5:05, 6:55, 7:45, 8:20, 9:35, 10:25

X-MEN ORIGINS: WOLVERINE (PG13) ☐ 1:00, 3:40, 6:20, 9:00

FIGHTING (PG13) 7:00, 9:40

OBSESSED (PG13) 12:50, 3:35, 6:25, 7:25, 9:15, 10:15

THE SOLOIST (PG13) 1:20, 4:20, 7:15, 10:00

EARTH (G) 12:30, 2:45, 5:00

17 AGAIN (PG13) 2:10, 4:45, 7:20, 9:55

STATE OF PLAY (PG13) 12:55, 3:50

HANNAH MONTANA: THE MOVIE (G) 1:45, 4:25

FAST & FURIOUS (PG13) 7:05, 9:50

MONSTERS VS. ALIENS (PG) 2:25, 4:55, 7:30, 9:45 3D NOT AVAILABLE FOR THESE SHOWTIMES

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ADVENTURELAND (R) 1:40, 6:45

AMC SELECT



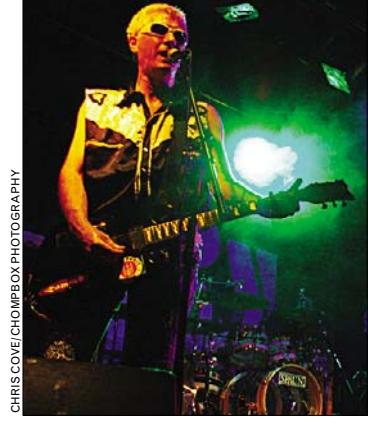
## top stops

**Compiled by Express'**  
Christopher Porter and Fiona Zulbin. Read more of their picks every day at [Expressnightout.com/topstops](http://Expressnightout.com/topstops).



### 1 Tested Metal

Mastodon plays an epic style of music that looks as much to '70s prog-rock as it does early '90s death metal, and "Crack the Skye"—the quartet's fourth and best studio album—brings all of the band's multifaceted art into crystal-clear focus. Tuesday's show at the 9:30 Club is sold out, but log onto Expressnightout.com to read an epic interview with Mastodon and to hear what you might be missing. c.p.



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STAR TREK - DP (PG-13) ★ (615 PM) 930 PM  
NEXT DAY AIR (R) - ID REQ'D (1250 300 530) 800 1020  
X-MEN ORIGINS: WOLVERINE (PG-13) (1110 100 145 330 415 500) 645 730 815 1030  
OC & DA: X-MEN ORIGINS: WOLVERINE (PG-13) (1215 PM) 945 PM  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (1145 215 445) 715 1000  
OBSESSED (PG-13) (120 350) 650 940  
THE SOLOIST (PG-13) (1200 325) 630 915  
EARTH (G) (1115 130 400) 620 845  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1240 PM) 315 PM

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NEXT DAY AIR (R) - ID REQ'D (1200 220 450) 740 1010  
X-MEN ORIGINS: WOLVERINE (PG-13) (1200 1230 100 130 230 315 420 515 545) 645 715 745 815 945 1015 1045  
OC & DA: X-MEN ORIGINS: WOLVERINE (PG-13) (350 PM) 915 PM  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (120 245 410 510) 710 810 940 1040  
OBSESSED (PG-13) (150 445) 750 1020  
THE SOLOIST (PG-13) (115 400) 650 930  
EARTH (G) (1250 345) 630 900  
17 AGAIN (PG-13) (330 PM) 640 950 PM  
STATE OF PLAY (PG-13) (1150 AM) 720 950 PM  
HANNAH MONTANA: THE MOVIE (G) (1245 PM)

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NEXT DAY AIR (R) - ID REQ'D (245 515) 805 1030  
STAR TREK (PG-13) ★ (110 140 210 405 435 505) 700 730 800 1000 1030  
X-MEN ORIGINS: WOLVERINE (PG-13) (125 225 255 350 420 450 525) 645 715 745 815 915 945 1015  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (215 345 445) 650 750 920 1020  
OBSESSED (PG-13) (220 455) 720 950  
THE SOLOIST (PG-13) (1250 330 630 930)  
OC: EARTH (G) (400 PM) 935 PM  
EARTH (G) (130 PM) 705 PM  
17 AGAIN (PG-13) (115 PM)  
STATE OF PLAY (PG-13) (120 410) 735 1025  
HANNAH MONTANA: THE MOVIE (G) (1255 PM)

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STAR TREK - DP (PG-13) ★ (615 PM) 930 PM  
NEXT DAY AIR (R) - ID REQ'D (1250 300 530) 800 1020  
X-MEN ORIGINS: WOLVERINE (PG-13) (155 225 255 320 420 450 520 550) 615 720 745 815 945 1015 1045  
RW & DA: X-MEN ORIGINS: WOLVERINE (PG-13) (1255 350) 645 945  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (1210 115 345 605 835 1055)  
OBSESSED (PG-13) (120 250 335 515) 620 755 850 1025  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1205 PM) 220 PM (440 PM)  
FIGHTING (PG-13) (1155 205 425) 635 840 1050  
EARTH (G) (1155 205 425) 635 840 1050  
17 AGAIN (PG-13) (610 525) 740 1010  
STATE OF PLAY (PG-13) (340 PM) 640 PM 950 PM  
HANNAH MONTANA: THE MOVIE (G) (1140 AM)  
FAST AND THE FURIOUS (PG-13) (1225 PM)  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1205 PM) 220 PM (440 PM)

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**Adv. Tix on Sale** NIGHT AT THE MUSEUM II  
STAR TREK (PG-13) ★ (110 1230 115 200 345 430 515) 400 530 630 715 845 940 1020  
STAR TREK - DP (PG-13) ★ (745 PM) 1050 PM  
NEXT DAY AIR (R) - ID REQ'D (1240 315 540 810 1025)  
OC & DA: X-MEN ORIGINS: WOLVERINE (PG-13) (345 PM) 920 PM  
X-MEN ORIGINS: WOLVERINE (PG-13) (1138 1235 145 215) 430 500 645 730 800 1010 1040  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (1145 210 445) 720 745 815 945 1015  
TYSON (R) - ID REQ'D (1155 220 440) 700 930  
THE SOLOIST (PG-13) (1250 415 705 955)  
OBSESSED (PG-13) (150 435 720 1025)  
EARTH (G) (1150 205 420 630 910)  
STATE OF PLAY (PG-13) (110 410 710 1005)  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1140 AM) 215 PM (450 PM)

### ROYALE STADIUM 14 6505 America Blvd, Hyattsville, MD

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**Adv. Tix on Sale** TERMINATOR SALVATION  
**Adv. Tix on Sale** NIGHT AT THE MUSEUM II  
STAR TREK (PG-13) ★ (1240 110 335 405) 705 735 955 1025  
STAR TREK (PG-13) ★ (1210 PM) 305 PM (805 PM)  
NEXT DAY AIR (R) - ID REQ'D (1225 1255 235 315 415 520) 650 650 725 915 1010  
RW & DA: X-MEN ORIGINS: WOLVERINE (PG-13) (1200 230 500) 730 1005  
X-MEN ORIGINS: WOLVERINE (PG-13) (1230 130 300 330 400 530) 630 700 800 905 935 1035  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (1205 415) 715 945 1015  
FIGHTING (PG-13) (420 PM) 655 PM 950 PM  
THE SOLOIST (PG-13) (1235 435) 710 1000  
OBSESSED (PG-13) (1215 245 515) 745 1015  
EARTH (G) (1220 250 525) 755 1020  
17 AGAIN (PG-13) (1205 PM)

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X-MEN ORIGINS: WOLVERINE (PG-13) (120 225 255 315 420 515 545) 645 715 745 815 945 1015 1045  
OC & DA: X-MEN ORIGINS: WOLVERINE (PG-13) (350 PM) 915 PM  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (120 245 410 510) 710 810 940 1040  
OBSESSED (PG-13) (150 445) 750 1020  
THE SOLOIST (PG-13) (115 400) 650 930  
EARTH (G) (1250 345) 630 900  
17 AGAIN (PG-13) (330 PM) 640 950 PM  
STATE OF PLAY (PG-13) (1150 AM)  
HANNAH MONTANA: THE MOVIE (G) (1245 PM)

### POTOMAC YARD STADIUM 16 3575 Jefferson Davis Hwy

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**Adv. Tix on Sale** TERMINATOR SALVATION  
**Adv. Tix on Sale** NIGHT AT THE MUSEUM II  
STAR TREK (PG-13) ★ (120 1235 105 225 325 425 525) 600 630 730 800 895 935 1035  
X-MEN ORIGINS: WOLVERINE (PG-13) (1245 305 530) 750 1015  
OC & DA: X-MEN ORIGINS: WOLVERINE (PG-13) (310 PM) 910 1020  
MONSTERS VS. ALIENS (PG) (1220 120 150 225 325 425 525) 615 645 715 745 815 950 1020  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (1205 1235 105 225 325 425 525) 615 645 715 745 815 950 1020  
FIGHTING (PG-13) (1220 120 150 225 325 425 525) 615 645 715 745 815 950 1020  
THE SOLOIST (PG-13) (1210 320) 720 915 1025  
OBSESSED (PG-13) (130 415) 710 955  
EARTH (G) (1130 320) 640 830 1000  
STATE OF PLAY (PG-13) (400 PM) 720 1025 PM  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (205 PM) 435 PM

### BALLSTON COMMON STADIUM 12 6/1 N Glebe Rd

**Adv. Tix on Sale** ANGELS AND DEMONS  
**Adv. Tix on Sale** TERMINATOR SALVATION  
**Adv. Tix on Sale** NIGHT AT THE MUSEUM II  
STAR TREK (PG-13) ★ (1240 110 210 335 405 435 505) 630 700 800 930 1000 1030  
X-MEN ORIGINS: WOLVERINE (PG-13) (1225 1255 155 315 350 420 500) 615 645 715 745 815 945 1015  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (220 455) 640 710 910 1010  
EARTH (G) (135 400) 645 820 950 1015  
STATE OF PLAY (PG-13) (145 PM) 445 PM 750 PM  
MONSTERS VS. ALIENS (PG) (150 PM) 610 920 PM

### KINGSTOWNE STADIUM 16 5910 Kingstowne Towne Center

**Adv. Tix on Sale** ANGELS AND DEMONS  
**Adv. Tix on Sale** TERMINATOR SALVATION  
**Adv. Tix on Sale** NIGHT AT THE MUSEUM II  
STAR TREK (PG-13) ★ (105 135 205 400 430 500) 700 730 800 955 1020  
STAR TREK (PG-13) ★ (1145 235 530) 830 950 PM  
STAR TREK - DP (PG-13) ★ (330 PM) 720 925 PM  
NEXT DAY AIR (R) - ID REQ'D (1200 210 420) 650 900  
X-MEN ORIGINS: WOLVERINE (PG-13) (1210 240 505) 735 1000  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (1225 435) 720 950  
OBSESSED (PG-13) (130 440) 725 1005  
EARTH (G) (130 350) 610 840  
STATE OF PLAY (PG-13) (1215 PM) 720 955 PM  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1205 PM)

### COUNTRYSIDE STADIUM 20 45980 Regal Plaza

**Adv. Tix on Sale** ANGELS AND DEMONS  
**Adv. Tix on Sale** TERMINATOR SALVATION  
**Adv. Tix on Sale** NIGHT AT THE MUSEUM II  
STAR TREK (PG-13) ★ (1200 1230 105 140 220 300 330 400 435 520) 610 630 700 730 830 900 930 1000  
STAR TREK - DP (PG-13) ★ (200 PM) 220 PM 900 PM  
NEXT DAY AIR (R) - ID REQ'D (1215 230 450) 620 710 840 935 1015  
OC & DA: X-MEN ORIGINS: WOLVERINE (PG-13) (335 PM) 610 920 PM  
X-MEN ORIGINS: WOLVERINE (PG-13) (1245 210 230 310 410 430 500 525 550) 615 650 710 740 810 840 935 1015  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (215 340 455) 620 735 850 1015  
FIGHTING (PG-13) (1200 210 230 310 410 430 500 525 550) 615 650 710 740 810 840 935 1015  
OBSESSED (PG-13) (1240 210 230 310 410 430 500 525 550) 615 650 710 740 810 840 935 1015  
EARTH (G) (1250 210 230 310 410 430 500 525 550) 615 650 710 740 810 840 935 1015  
17 AGAIN (PG-13) (1245 210 230 310 410 430 500 525 550) 615 650 710 740 810 840 935 1015  
STATE OF PLAY (PG-13) (1250 PM) 620 735 850 1015  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1240 PM) 620 735 850 1015  
HANNAH MONTANA: THE MOVIE (G) (1250 PM) 620 735 850 1015  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1210 PM) 620 735 850 1015

### FOX STADIUM 16 2285 1/2 Crawford Plz, Ashburn, VA

**Adv. Tix on Sale** ANGELS AND DEMONS  
**Adv. Tix on Sale** TERMINATOR SALVATION  
**Adv. Tix on Sale** NIGHT AT THE MUSEUM II  
STAR TREK (PG-13) ★ (1230 330) 630 930  
STAR TREK (PG-13) ★ (1230 140 230 450) 730 830 1030  
STAR TREK - DP (PG-13) ★ (700 PM) 1000 PM  
NEXT DAY AIR (R) - ID REQ'D (1220 140 230 450) 710 1010  
RW & DA: X-MEN ORIGINS: WOLVERINE (PG-13) (1245 315 455) 815 945 1015  
X-MEN ORIGINS: WOLVERINE (PG-13) (1145 115 215 245 345 345 415 445 515 615 645 675 715 745 845 945 1015  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1150 AM) 205 PM 430 PM  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (1220 200 250 500) 720 920 1020  
OBSESSED (PG-13) (1230 200 250 500) 720 920 1020  
EARTH (G) (1230 200 250 500) 720 920 1020  
17 AGAIN (PG-13) (1240 200 250 500) 720 920 1020  
HANNAH MONTANA: THE MOVIE (G) (1240 200 250 500) 720 920 1020  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1240 200 250 500) 720 920 1020  
FIGHTING (PG-13) (1240 200 250 500) 720 920 1020  
THE SOLOIST (PG-13) (1240 200 250 500) 720 920 1020  
OBSESSED (PG-13) (1240 200 250 500) 720 920 1020  
EARTH (G) (1240 200 250 500) 720 920 1020  
17 AGAIN (PG-13) (1240 200 250 500) 720 920 1020  
STATE OF PLAY (PG-13) (1240 200 250 500) 720 920 1020  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1240 200 250 500) 720 920 1020

### FAIRFAX TOWNE CENTER 10 4110 W Ox Road

**Adv. Tix on Sale** ANGELS AND DEMONS  
**Adv. Tix on Sale** TERMINATOR SALVATION  
**Adv. Tix on Sale** NIGHT AT THE MUSEUM II  
STAR TREK (PG-13) ★ (1240 245 500) 750 1005  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (1200 200 340 440) 640 740 910 1010  
NEXT DAY AIR (R) - ID REQ'D (1240 210 410) 710 945  
FIGHTING (PG-13) (1240 210 410) 710 945  
OBSESSED (PG-13) (1240 210 410) 710 945  
EARTH (G) (1240 210 410) 710 945  
17 AGAIN (PG-13) (1240 210 410) 710 945  
HANNAH MONTANA: THE MOVIE (G) (1240 210 410) 710 945  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1240 210 410) 710 945  
DUPLICITY (PG-13) (1240 210 410) 710 945  
WATCHMEN (R) - ID REQ'D (420 PM) 710 945

### MANASSAS STADIUM 14 11380 Bullock Drive

**Adv. Tix on Sale** ANGELS AND DEMONS  
**Adv. Tix on Sale** TERMINATOR SALVATION  
**Adv. Tix on Sale** NIGHT AT THE MUSEUM II  
STAR TREK (PG-13) ★ (1240 245 500) 750 1005  
STAR TREK - DP (PG-13) ★ (630 PM) 930 PM  
NEXT DAY AIR (R) - ID REQ'D (1240 210 405 435 505) 720 900 PM  
X-MEN ORIGINS: WOLVERINE (PG-13) (1240 225 525 550) 730 1000  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (1240 225 525 550) 730 1000  
OBSESSED (PG-13) (1240 225 525 550) 730 1000  
EARTH (G) (1240 225 525 550) 730 1000  
17 AGAIN (PG-13) (1240 225 525 550) 730 1000  
HANNAH MONTANA: THE MOVIE (G) (1240 225 525 550) 730 1000  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1240 225 525 550) 730 1000

### ENTERTAINMENT

**Adv. Tix on Sale** ANGELS AND DEMONS  
**Adv. Tix on Sale** TERMINATOR SALVATION  
**Adv. Tix on Sale** NIGHT AT THE MUSEUM II  
STAR TREK (PG-13) ★ (1240 245 500) 750 1005  
STAR TREK - DP (PG-13) ★ (630 PM) 930 PM  
NEXT DAY AIR (R) - ID REQ'D (1240 210 405 435 505) 720 900 PM  
X-MEN ORIGINS: WOLVERINE (PG-13) (1240 225 525 550) 730 1000  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (1240 225 525 550) 730 1000  
OBSESSED (PG-13) (1240 225 525 550) 730 1000  
EARTH (G) (1240 225 525 550) 730 1000  
17 AGAIN (PG-13) (1240 225 525 550) 730 1000  
HANNAH MONTANA: THE MOVIE (G) (1240 225 525 550) 730 1000  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1240 225 525 550) 730 1000

### ROCKVILLE CENTER STADIUM 13

**Adv. Tix on Sale** ANGELS AND DEMONS  
**Adv. Tix on Sale** TERMINATOR SALVATION  
**Adv. Tix on Sale** NIGHT AT THE MUSEUM II  
STAR TREK (PG-13) ★ (1240 245 500) 750 1005  
STAR TREK - DP (PG-13) ★ (630 PM) 930 PM  
NEXT DAY AIR (R) - ID REQ'D (1240 210 405 435 505) 720 900 PM  
X-MEN ORIGINS: WOLVERINE (PG-13) (1240 225 525 550) 730 1000  
GHOSTS OF GIRLFRIENDS PAST (PG-13) (1240 225 525 550) 730 1000  
OBSESSED (PG-13) (1240 225 525 550) 730 1000  
EARTH (G) (1240 225 525 550) 730 1000  
17 AGAIN (PG-13) (1240 225 525 550) 730 1000  
HANNAH MONTANA: THE MOVIE (G) (1240 225 525 550) 730 1000  
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1240 225 525 550) 730 1000

### GERMANTOWN STADIUM 14

**Adv. Tix on Sale** ANGELS AND DEMONS  
**Adv. Tix on Sale** TERMINATOR SALVATION  
**Adv. Tix on Sale** NIGHT AT THE MUSEUM II  
STAR TREK (PG-13) ★ (1240 245 500) 750 1005  
STAR TREK - DP (PG-13) ★ (630 PM) 930 PM  
NEXT DAY AIR (R) - ID REQ'D (1240 210 405 435 505) 720 900 PM  
X-MEN ORIGINS: WOLVERINE (PG-13) (1240 225 525

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# lookout television

# Wreck on the Turnpike

### 'Real Housewives of New Jersey' is so bad you can't look away

**CLASSY** | Bravo has made a killing studying housewives in well-monied communities across America. So far, the network has taken viewers to Orange County, Atlanta and New York City — but folks, brace yourselves — you ain't seen nothing yet.

Tonight's premiere of "The Real Housewives of New Jersey" (11 p.m., Bravo) takes every detestable quality of seasons past and amplifies it. You thought the ladies of Orange County were frivolous spenders? Not compared to stage mommy-of-three Teresa, who drops \$120,000 on "chateau style" furniture in cash.

Thought the Atlanta brood had misplaced values? Caroline supports



Jacqueline, Teresa, Danielle, Dina and Caroline strike a pose on the boardwalk.

her son's entrepreneurial dreams of opening a strip-club/carwash. The Bada Bing Jr., perhaps. Caroline's sister Dina has a 12-year-old daughter named Lexi, who is thrilled not to have "an old, fat mom."

Rounding out the bunch are Jacqueline (the "nice" one who will offer little in the way of entertainment) and Danielle, a divorcee who

admits to having phone sex with a 26-year-old stranger she met online, moniker "Gucci model."

You may be thinking, "Wow, that sounds bad. Really bad." Sure, technically it is. But this show has car-wreck quality of the first order: it's so bad you can't look away. In fact, we wouldn't dream of it.

KARMAH ELMUSA (EXPRESS)

## Spend the Evening At Bernie's

**PONZI SCHEME** | The "Frontline" (9 p.m., PBS) special "The Madoff Affair" chronicles investors from the smallest fish to the crowned heads of Europe who couldn't say no to the convicted con man's investment schemes. While small investors had various explanations for their delusion and hedge funds were given incentives for their collusion, the SEC had no excuses. "Frontline" provides a timeline of red flags about Madoff sent to the SEC dating back to the 1990s. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

### tonight's lineup

**WEIGHT LIFTED**  
A winner emerges on **BIGGEST LOSER: COUPLES** (8 p.m., NBC).

**DOWN TO THE WIRE**  
The top three compete on **AMERICAN IDOL** (8 p.m., Fox).

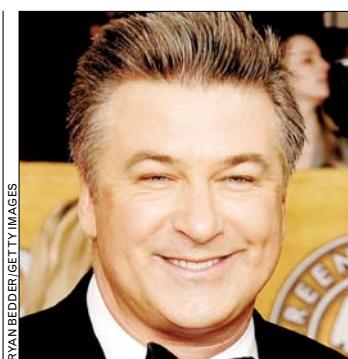
**NATURAL DISASTER**  
Murder in the wilderness on **THE MENTALIST** (9 p.m., CBS).

**MISSING: SHELLFISH**  
Meager returns from the ocean prove mystifying on **DEADLIEST CATCH** (9 p.m., Discovery).

**MY BOYFRIEND'S GONE**  
Hannah's boyfriend vanishes on **WITHOUT A TRACE** (10 p.m., CBS).

**TOUGH MEMORIES**  
Ruminations on 9/11 evoke different reactions on **RESCUE ME** (10 p.m., FX).

**GANG'S ALL HERE**  
**CRIPS AND BLOODS: MADE IN AMERICA**



Alec Baldwin, "30 Rock's" wry leading man, pays David Letterman a visit.

on "Independent Lens" (10 p.m., PBS) looks at the cost of a decades-long gang war.

**HIT THE STAGE, JACK**  
Alec Baldwin appears on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)



**REALITY TV** **Low-Cal Bangers and Mash** ABC is teaming with British chef Jamie Oliver, pictured, and Ryan Seacrest for a new series that gives healthy makeovers to entire cities. Oliver will travel to the unhealthiest places in America and find ways to use nearby resources to improve local eating habits. (THE HOLLYWOOD REPORTER)

# Small But Strong

**The Audi A3 is little, but drives and looks like a premium car**

**STEEP** | Audi's A3 entry-level car is small, but not too small. It's a premium European model but not plush. And, it's fun to drive and sporty with impeccable poise.

For 2009, every A3 five-door hatchback comes with standard leather-trimmed seats and satellite radio. Quattro all-wheel-drive now is available on the most popular version of A3 — the model with the base, turbocharged four-cylinder engine.

Also new this model year are subtle design updates outside that include eye-catching fiber optics in the taillamps. There's a new, optional magnetic ride suspension, too, that provides advanced ride damping and control from new adaptive shock absorbers.

Best of all, the A3 is a top safety pick by the Insurance Institute for Highway Safety, following a good performance in the institute's front, side and rear crash tests.

It's just too bad the A3 isn't within the price reach of many more car buyers.

Starting manufacturer's sug-



AUDI/AP

Starting MSRP for the 2009 Audi A3 is \$27,745, which is comparable with many small, entry-level European luxury cars like the Volvo C30 or the BMW 1-Series.

gested retail price, including destination charge, for a 2009 A3 with manual transmission is \$27,745.

The lowest-priced A3 with a transmission that can shift itself — in this case, an S-tronic dual-clutch transmission — is \$29,225. These prices are competitive with many small, entry-level European luxury cars. For example, the 2009 Volvo C30 hatchback starts at \$24,695, while the 2009 BMW 1-Series starts at \$30,225.

But the A3 is no bargain, given it's about the same size inside as a Honda Civic.

The modern styling, however, conveys the look of a ground-hugging, premium car. It doesn't seem to matter that the look is on a vehicle that's shorter, from bumper to bumper, than the already smallish 2009 Volvo C30 hatchback.

Driving the A3 shows just how pleasing a stable, buttoned-down hatchback can be. ANN M. JOB (AP)

## DISCUSSIONS

### REAL WHEELS

**What's the latest on the 'Cash for Clunkers' bill up on the Hill? Will it be restricted to certain makes, or have income limits for the buyer to be eligible? I'm ready to buy now, but could drive the old car a few more months to save a few thousand dollars.**

Hold on to your old car a little while longer. 'Cash for Clunkers' is still winding its way through Congress and probably will be on that journey well into summer. Your question gives me an idea: We here at the Post and our affiliate, Cars.com, need to do a Twitter-type thing updating everyone who is interested on Cash for Clunkers and domestic industry bailouts/bankruptcies.

**What do you think of the new Chevy Equinox, and how does it stack up against the rivals in its class?**

The Equinox finally is a no-excuses, compact SUV/crossover. Overall build quality and presentation are excellent, world-class. Powertrains much improved ... and varied. There even are experimental hydrogen fuel-cell models running around the U.S. — proof that GM and Chevrolet are taking the future of the Equinox seriously.

**Which auto companies worldwide do you think have the best chance of disappearing in the next few years?**

I think Chrysler will go. Isuzu for all intents and purposes is leaving the U.S. market as a purveyor of passenger models. Will it become a commercial-vehicle only manufacturer? Mitsubishi seems to be struggling.

**Is Isuzu for all intents and purposes is leaving the U.S. as a purveyor of passenger models.**

**Is Ford structured so that Ford USA and Ford Europe are wholly separate companies that only share a common brand name? I see all these great Ford Europe products that I would love to see in the U.S. Any chance we'll ever get some of these over here? Ford S-Max?**

No. Ford is a totally integrated global enterprise. But the company historically has viewed Western Europe and North America as distinctly different markets with distinctly different product needs and consumer expectations.

 **washingtonpost.com**  
Columnist Warren Brown is online Fridays at 11 a.m. to answer questions on every aspect of the automotive industry.

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# lookout online

## Poll Center

**IF YOU HAD THE OPTION,  
WOULD YOU USE YOUR DEBIT  
CARD AS A METRO PASS?**

YESTERDAY'S RESULTS AS OF 5 P.M.

**NO** 68%  
**YES** 32%

**"If Metro protects** my card account number and my privacy info in the same manner as their on-time performance, then I would expect my card to be compromised rather quickly."

**COMMENTER METRO COMMUTER**, WHO ADDED, "IT WOULD BE A NOVEL IDEA, BUT I'M NOT CONVINCED METRO HAS MY INTERESTS IN MIND. DO I REALLY WANT TO GIVE METRO EMPLOYEES THE KEY TO MY BANK ACCOUNT?"

**"For those of us** that have SmartBenefits set up with our SmarTrip cards, this does nothing to help us out."

**COMMENTER CHRIS L.**, WHO ADDED, "BEING ABLE TO USE A DEBIT CARD WOULD BE MORE HELPFUL FOR TOURISTS AND OTHER INFREQUENT METRO USERS."

SEE HOW YOUR METRO STATION VOTED  
[WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM)

## Blog LOG

**"I CAN'T IMAGINE** what she must have thought, me bearing down on a bike dressed like a homeless prostitute, showing off god knows what to the world."

**SEMPREDAMIGELLA.BLOGSPOT.COM** RAN INTO A COLLEAGUE DURING A WALK OF SHAME THAT WAS EXECUTED ON A BIKE.



**"Roxana's out. Despite her motives, the backstory, crazy intrigue, she's a journalist. Journalism may be dying, but we need to keep reporters alive."**

**NATTURNERSREVENGE.BLOGSPOT.COM** IS PLEASED THAT AN IRANIAN COURT OVERTURNED THE DECISION TO KEEP JOURNALIST ROXANA SABERI IN JAIL, ALTHOUGH HE FINDS THE STORY OVERALL QUITE FANTASTICAL.



**"Why are you all of a sudden going to all the restaurants I really like? And making the lines hours long for weeks afterward?"**

**BORROWINGTROUBLE.BLOGSPOT.COM** IS NOT HAPPY ABOUT THE AFTERMATH OF PRESIDENT OBAMA AND VICE PRESIDENT BIDEN'S LUNCH AT RAY'S HELL BURGER LAST WEEK.

**"SINCE 1990,** it has cost taxpayers some \$10B. That seems high, but considering the thousands of people that have worked on this project, that figure seems minuscule compared to [what] the war in Iraq is costing."

**ABLOKESBLOG.BLOGSPOT.COM** HAS NO PROBLEM WITH THE AMOUNT THE U.S. GOVERNMENT HAS SPENT ON THE HUBBLE TELESCOPE OVER THE YEARS.

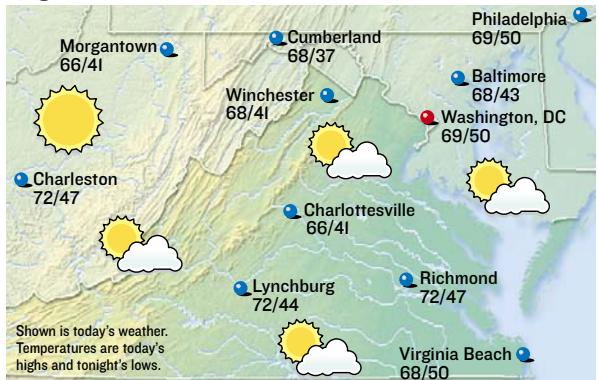
**"NEVER MIND THAT** the American media elite would never dream of inviting anyone to speak at the Correspondents' Dinner who supported a Republican. But the fawning hagiography to Obama continues."

**REDSSTATE.COM** WASN'T PARTICULARLY SURPRISED BY WANDA SYKES' ANTI-RIGHT HUMOR AT THE WHITE HOUSE MEDIA EVENT.

## 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Mostly clear	Mostly sunny	Increasingly cloudy, chance t-storm	Partly cloudy	Partly cloudy
69°	50°	74° / 57°	74° / 61°	77° / 60°	78° / 63°

## Regional Weather



## Almanac

Washington, D.C., through 4 p.m. Mon.

### Temperature

High .....	61°
Low .....	54°
Normal high .....	74°
Normal low .....	54°
Average humidity .....	61%

### Precipitation

24 hours ending 4 p.m. ....	0.01"
Month to date .....	3.24"
Normal month to date .....	1.28"
Year to date .....	12.46"
Last year to date .....	19.69"
Normal year to date .....	13.49"

For up-to-the-minute weather, see:  
[washingtonpost.com/weather](http://washingtonpost.com/weather)

## Regional Forecast

**D.C. Metro:** Today, mostly sunny. High 69. Wind north-northwest 7-14 mph. Tonight, mostly clear. Low 50. Wind southwest 4-8 mph.

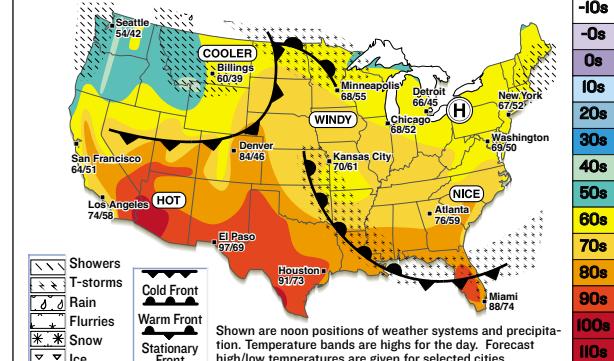
## Sun and Moon

Sunrise today ..... 5:58 a.m.  
Sunset tonight ..... 8:11 p.m.  
Moonrise today ..... 11:47 p.m.  
Moonset today ..... 8:11 a.m.

Last	New	First	Full

May 17 May 24 May 30 June 7

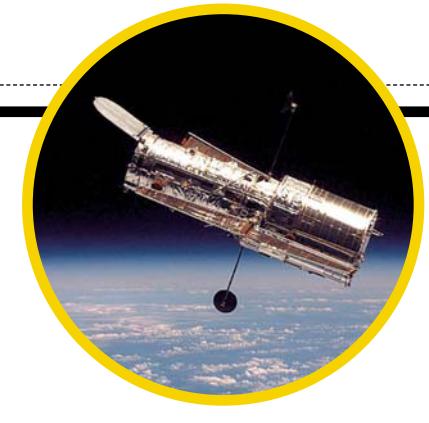
## National Weather for Tuesday, May 12



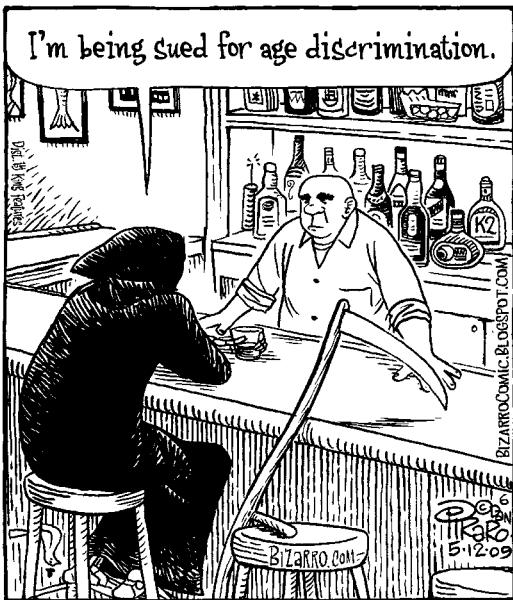
## National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	76/59/s	74/63/s	Amsterdam	59/48/pc	63/48/c
Boston	60/45/pc	64/51/s	Athens	81/66/s	82/66/s
Chicago	68/52/s	70/50/t	Berlin	61/40/s	64/43/s
Dallas	85/72/pc	89/68/pc	Buenos Aires	61/52/c	61/45/r
Denver	84/46/pc	68/39/pc	Calgary	51/29/c	48/31/c
Honolulu	85/72/s	85/70/s	Dublin	55/45/pc	57/46/r
Kansas City	70/61	70/61	Geneva	74/54/pc	75/56/pc
Eli Paso	97/69	97/69	Miami	61/50/r	57/39/sh
Houston	91/73	91/73	Rome	74/55/s	75/56/s
Los Angeles	74/58/s	76/58/pc	Sydney	68/54/s	68/54/s
Miami	88/74/pc	85/75/s	Tokyo	77/61/pc	72/57/pc
New York City	67/52/pc	70/56/s			
Orlando	90/68/pc	86/70/pc			
Seattle	54/42/sh	55/46/c			

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



# comics lookout

**Bizarro** | Dan Piraro**Cornered** | Mike Baldwin**Pooch Cafe** | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy

## Horoscope

By Stella Wilder

**TAURUS (April 20-May 20)** You're going to have to make new plans, considering the changes that are going on all around you. Keep your intentions true.

**GEMINI (May 21-June 20)** A domestic surprise gives you a boost. You'll see things in a new light, and you'll be able to renew an old commitment.

**CANCER (June 21-July 22)** You'll be able to get business done on schedule, but you may have to take a couple of shortcuts. Think ahead, anticipate obstacles.

**LEO (July 23-Aug. 22)** You can expect something of a run-in with someone whose aspirations clash with your own. You mustn't let this conflict shake you up.

**VIRGO (Aug. 23-Sept. 22)** You may have one or two questions that must be answered before you are able to shift a current project into a higher gear.

**LIBRA (Sept. 23-Oct. 22)** You are likely to learn that there is such a thing as too much — but fortunately you'll be able to minimize any hazards.

**SCORPIO (Oct. 23-Nov. 21)** You may find yourself at cross-purposes with someone who is in charge. Until you are told otherwise, continue on course.

**SAGITTARIUS (Nov. 22-Dec. 21)** You must be willing to follow instructions to the letter, until it is recognized that you have what it takes to make new rules.

**CAPRICORN (Dec. 22-Jan. 19)** You will have the opportunity to step in and fight for someone who is unable to fight for himself or herself.

**AQUARIUS (Jan. 20-Feb. 18)** Someone will be expecting you to put a little more on the line than usual — and you can do it, with remarkable results.

**PISCES (Feb. 19-March 20)** It's time to move on from what is holding you back. You can make an important decision that reflects your renewed confidence and resolve.

**ARIES (March 21-April 19)** You'll be pondering some of the big issues — and in the end you'll realize that you are equipped to handle almost anything that comes your way.

## Today in History

**1907** Actress Katharine Hepburn is born in Hartford, Conn.



**1932** The body of Charles Lindbergh Jr., the kidnapped son of Charles and Anne Lindbergh, is found in a wooded area near Hopewell, N.J.

**1943** During World War II, Axis forces in North Africa surrender.

**1949** The Soviet Union lifts the Berlin Blockade, which the Western powers had succeeded in circumventing with the Berlin Airlift.

**1970** The Senate votes unanimously to confirm Harry A. Blackmun as a Supreme Court justice.

**1978** The Commerce Department decrees that hurricanes would no longer be given only female names.

Oscar-winning actress Katharine Hepburn was born on May 12, 1907.

**2004** Members of Congress express outrage after they were privately shown pictures and videos of Iraqi prisoners being abused by U.S. troops.

**2008** A devastating earthquake in China's Sichuan province kills 70,000 people.

# lookout people



JOHN ROTTET/AP

This year on Oprah's "Favorite Things" episode: Everyone gets a doctorate!!!

## DONATIONS

### Then Everyone Found Car Keys Under Their Seats

**OPRAH WINFREY** talked about courage, making wise choices and helping others during a commencement address Sunday at Duke University, which gave her an honorary degree. During her speech, the host told the grads that "one of the best ways to enhance your own life is to enhance somebody else's." (AP)

## LOCATIONS

### Canada New Hot Spot For Baby Announcements

**MAYA RUDOLPH** and director **PAUL THOMAS ANDERSON** are having a second child, People.com reported. "I wasn't planning on sharing it, but yes I am pregnant!" she told the show "Entertainment Tonight Canada" on Monday. (EXPRESS)

## expressnightout

Find the latest celebrity news and photo evidence of stars' sordid lives at [WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM).



MATT SAYLES/AP

## BLOCKBUSTERS

### Magic Not Recaptured

"Titanic" stars **LEONARDO DICAPRIO** and **KATE WINSLET** have pledged to help the last survivor of the sinking of the ocean liner. The stars say they have thrown their support behind a fund that would subsidize Millvina Dean's nursing home fees. Dean was 2 months old when the Titanic sank on April 14, 1912. She has been living at a nursing home in the English city of Southampton. (AP)

## HEAD-BUTTS

### Sutherland's Gesture of Affection Was Misunderstood, Says Attorney

An investigation by New York City officials into a charge that **KIEFER SUTHERLAND** head-butted a fashion designer at a nightclub will show the actor did no wrong, his attorney said Monday. Sutherland was charged Thursday with third-degree assault in the incident at a

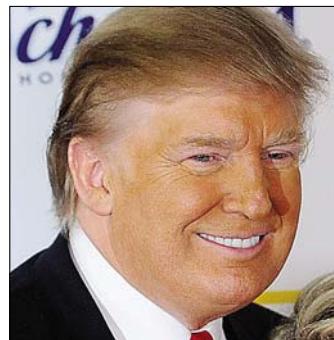


Manhattan nightclub. The designer, Jack McCollough of Proenza Schouler, claims Sutherland broke his nose after an argument at about 2 a.m. Tuesday. Reps for McCollough said the designer's injuries were more serious than what was initially noted on the police report. McCollough's nose was broken in several places and he had to seek medical treatment. (AP)

## SHE'S FIRED

### Man With Taste for Public Humiliation to Decide Fate

Officials of the Miss California USA pageant strongly criticized some of the actions of titleholder Carrie Prejean on Monday but said it's not their decision whether she should be stripped of her crown: Only Miss USA pageant owner **DONALD TRUMP** can make that decision. He plans to hold a press conference at 11 a.m. Tuesday. (AP)



BRAD BARRETT/GOTTY IMAGES

If you look carefully, you can see the border of his spray tan at the hairline.

## OFFSPRING

### With Great Genes Comes Great Responsibility

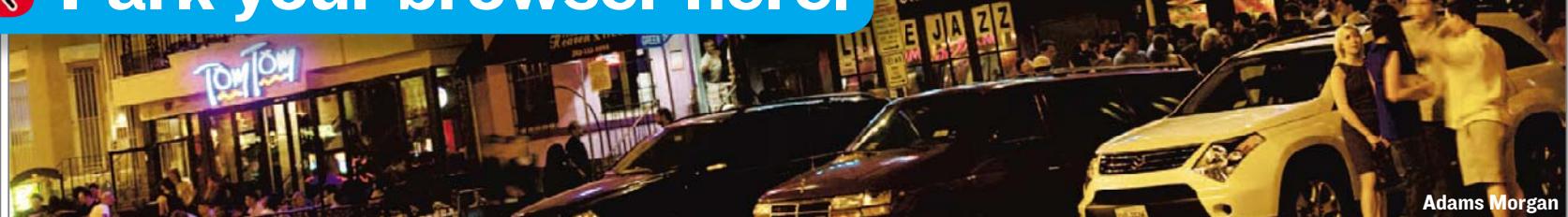
The wife of "Spider-Man" star **TOBEY MAGUIRE** has given birth to the couple's second child, a boy. Jennifer Meyer, 31, gave birth to a baby boy on Friday. Maguire publicist Kelly Bush on Sunday confirmed the birth but gave no other details. (AP)



Another lesson: With great roles comes great typecasting and unemployment.



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# puzzles lookout

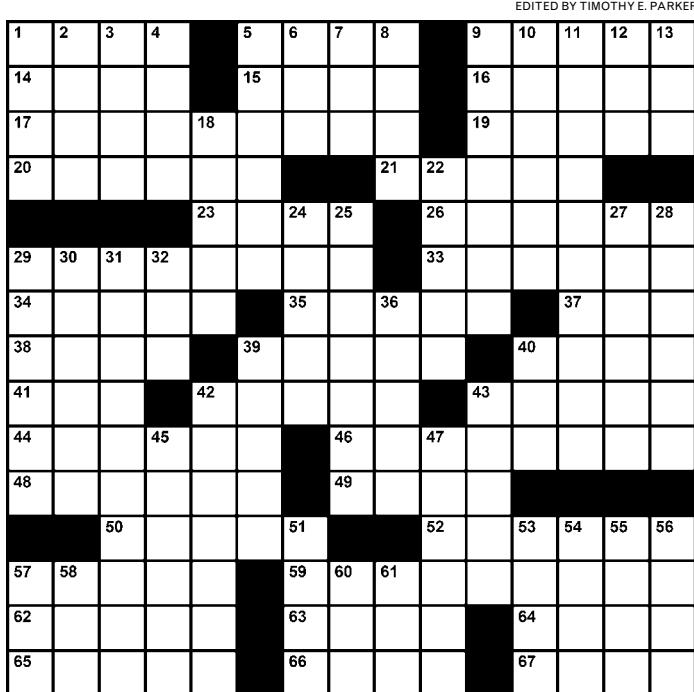
## CROSSWORD | NOW SAY GRACE

**ACROSS**

1 Skunk's weapon  
5 King of the road  
9 Be mischievous  
14 "A Hard Road to Glory" athlete-author  
15 He was terrible  
16 Lion's amount?  
17 Pentagon of baseball  
19 Garb for an abbess  
20 Beneficial  
21 "Don't Sweat the \_\_\_ Stuff"  
23 Lovely young woman  
26 Afghan princes (Var.)  
29 One with the same birthday as seven siblings  
33 High-flying clique  
34 Inclined to sulk  
35 Indian stringed instrument  
37 Trident-shaped letter  
38 Rest stop, once  
39 One submitting a 1040  
40 One way to make eggs  
41 "What Kind of Fool \_\_\_?"  
42 Type of boom  
43 The "D" in LED  
44 Albright on ice  
46 Some hot peppers  
48 "I think I can, I think I can" speaker

**DOWN**

1 Diamond Head locale  
2 Awards for RAF pilots  
3 "Alas!"  
4 Coral construction  
5 Ancient rabbi  
6 Biologist's eggs  
7 Belfry denizen  
8 A good deal of binary code  
9 Regretful  
10 Mountain lodge  
11 Four fluid drams  
12 William Tell's canton  
13 Caress amorously  
18 A little husky?  
22 "Hot Lips"  
Houlihan's rank  
24 Pine exudation  
25 Crooked type  
48 "I think I can, I think I can" speaker



entrances way  
29 Lethargy inducer 53 Having no known auth.  
30 Bamboozlers 54 Become groggy  
31 It may give you an A  
32 4x4, for short  
36 Quick summary  
39 Coatrack place  
40 Recycling site  
42 Barcelona brides  
43 Baseball's Jeter  
45 Frasier's ex-wife  
47 43-Down, for one  
51 Not shut all the

### Yesterday's Solution

R	A	C	E	D	P	O	N	E	S	I	A	P
E	C	O	L	E	A	L	O	N	E	A	R	E
C	O	M	I	N	G	C	L	E	A	K	I	N
T	I	E	D	R	E	A	L	M	S	E	A	T
I	N	T	E	R	I	M	S	E	N	N	A	P
S	E	P	A	L	L	I	A	B	L	E	S	T
H	O	I	P	K	O	E	B	R	A	I	D	9
E	R	N	S	E	R	I	F	E	T	N	A	10
S	C	A	L	E	R	I	G	O	R	H	M	11
S	A	L	I	V	A	S	H	R	U	S	12	13
C	I	T	E	G	E	T	B	Y	R	D	E	14
O	H	A	L	L	W	A	S	H	E	D	U	15
A	T	E	R	E	V	E	L	E	C	L	16	17
T	A	R	C	R	E	E	L	D	Y	N	E	S

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## SUDOKU | MEDIUM

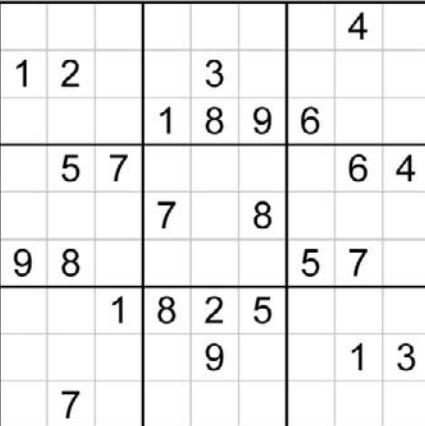
Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Sudoku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Yesterday's Solution

5	8	3	9	1	6	2	7	4
6	4	1	2	8	7	5	9	3
9	2	7	3	5	4	6	1	8
3	5	8	1	9	2	7	4	6
7	6	2	4	3	5	1	8	9
1	9	4	7	6	8	3	2	5
8	7	6	5	2	9	4	3	1
4	3	9	6	7	1	8	5	2
2	1	5	8	4	3	9	6	7



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